BIG SPIRITS COMICS SPECIAL

ストレンジ

3

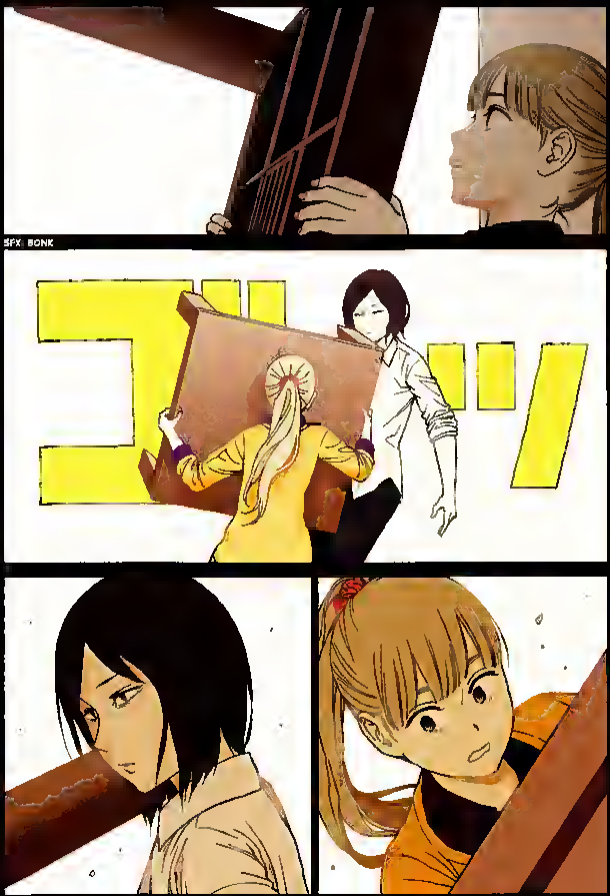
アキリ

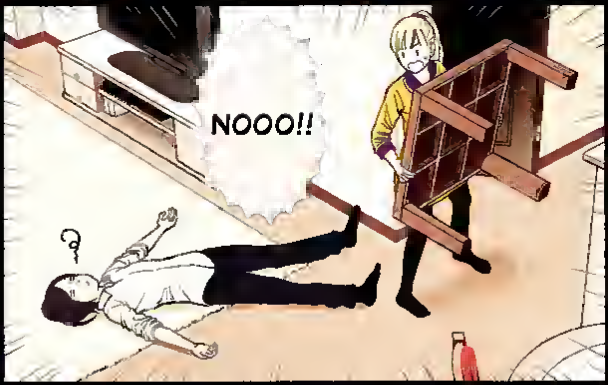
Go to next page

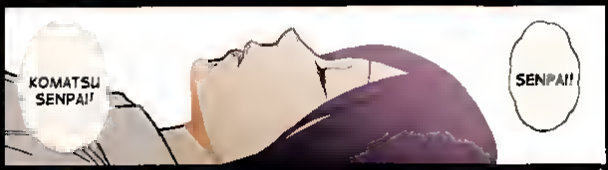
Go to next page

ストレッチ 3

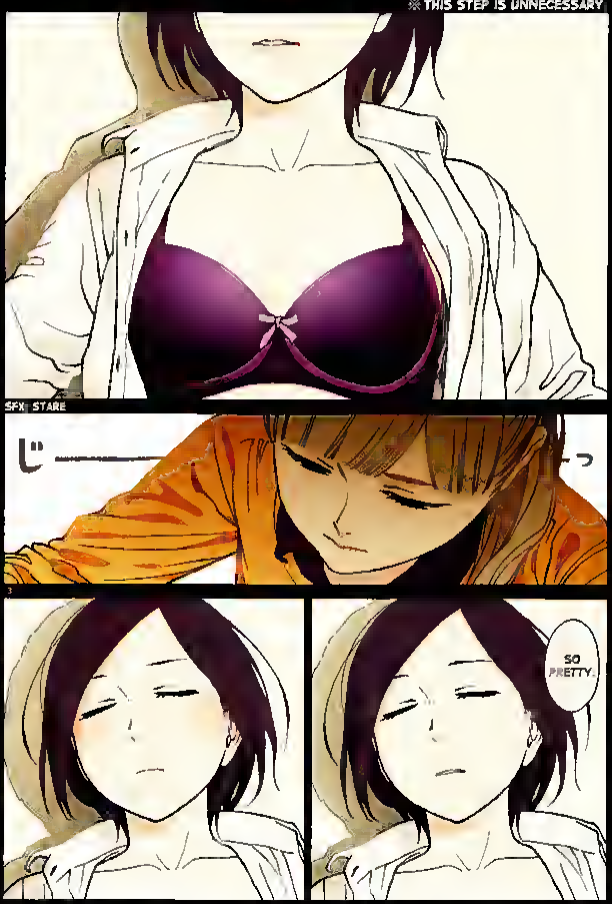
アキリ


SFX: BONK
ゴン


NOOO!!
?

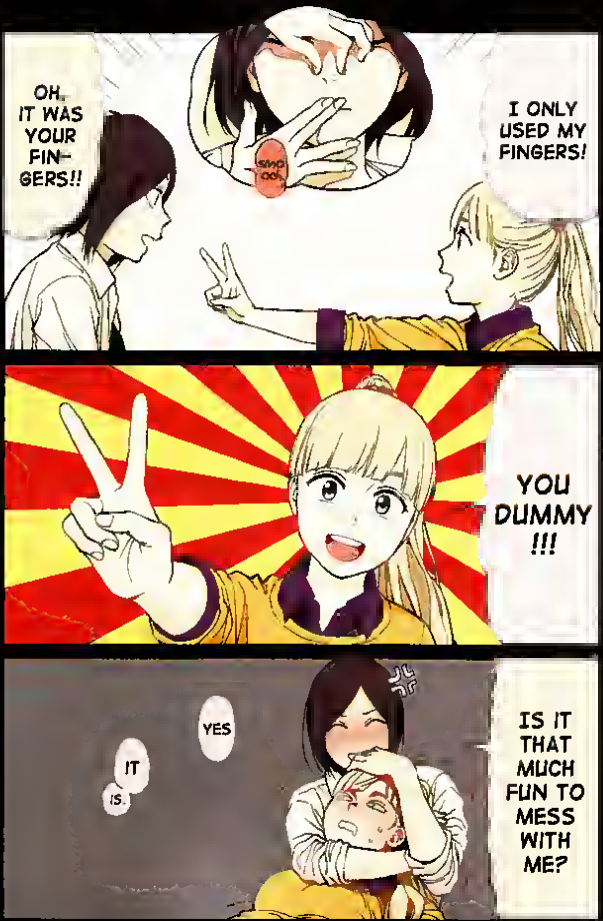

KOMATSU SENPAI!
SENPAI!!

I DON'T THINK I HIT HER THAT HARD...
HOW ODD...
HMM...


※THIS STEP IS UNNECESSARY
SFX: STARE
じ――――っ
SO PRETTY.

.....
.....
YOU'RE JUST PLAYING DEAD, RIGHT?
HEEEY.
SFX: SQUEEZE
きゅっ
SFX: GRAB
ぐいっ
grabbed her...

SMO OCH
HEHE
!!!
HE HE HE
?!!?
HM?
Hehe
YOU ...


OH, IT WAS YOUR FIN-GERS!!
I ONLY USED MY FINGERS!
SMOOCH
YOU DUMMY !!!
IS IT THAT MUCH FUN TO MESS WITH ME?
YES
IT IS.

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BIG SPIRITS COMICS SPECIAL

Stretch
ストレッチ

22.5

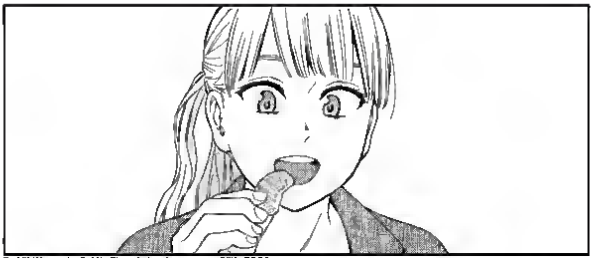
akili
アキリ

BIG SPIRITS COMICS SPECIAL

Stretch
ストレッチ
Extra

akili
アキリ

WEL-COME BACK!
AHHHHH, SO COLD, SO COLD!
© aki / Yawaraka Spirits Shogakukan Inc.
SFX HUFF PUFF
RAN, WEL-COME BACK
SO SO COLD
WEL-COME
SO COLD !!
COLD, COLD, COLD ..
THIS IS SO NICE AND WARM ♡
WHEW
WEL. COME BACK.
WHOA! You scared me
I SAID WEL-COME BACK!!



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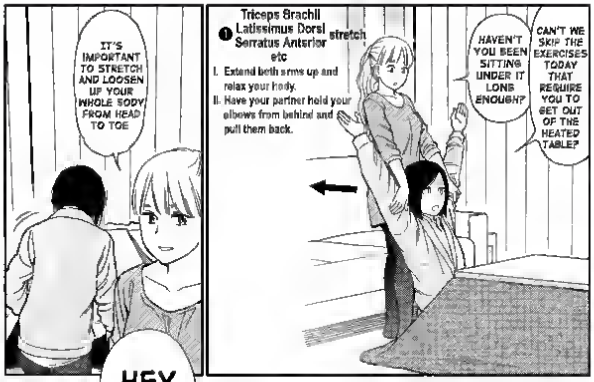
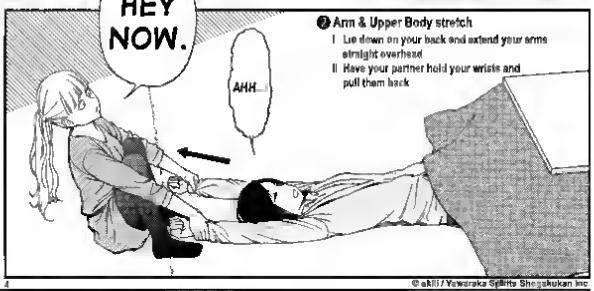
CAN I HAVE ONE?
SURE
SFX SMIRK
SFX TOSS
© akiti Yawaraka Spirits Shogakukan Inc
ポーン
THERE!
SFX CATCH
NOT FAIR
YOU SHOULDN'T PLAY WITH FOOD, YOU KNOW?
SFX MUNCH MUNCH
パシィ


IT'S IMPORTANT TO STRETCH AND LOOSEN UP YOUR WHOLE BODY FROM HEAD TO TOE
❶ Triceps Brachii
Latissimus Dorsi
Serratus Anterior
etc
stretch
I. Extend both arms up and relax your body.
II. Have your partner hold your elbows from behind and pull them back.
HAVEN'T YOU BEEN SITTING UNDER IT LONG ENOUGH?
CAN'T WE SKIP THE EXERCISES TODAY THAT REQUIRE YOU TO GET OUT OF THE HEATED TABLE?


HEY NOW.
AHH...
❷ Arm & Upper Body stretch
I Lie down on your back and extend your arms straight overhead
II Have your partner hold your wrists and pull them back

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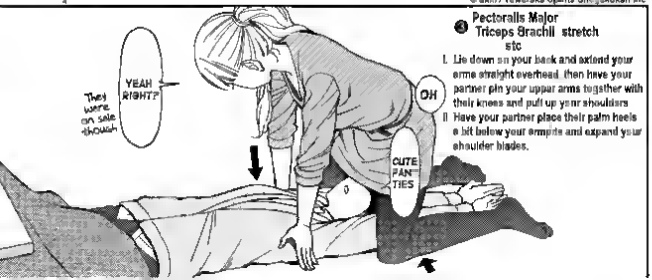
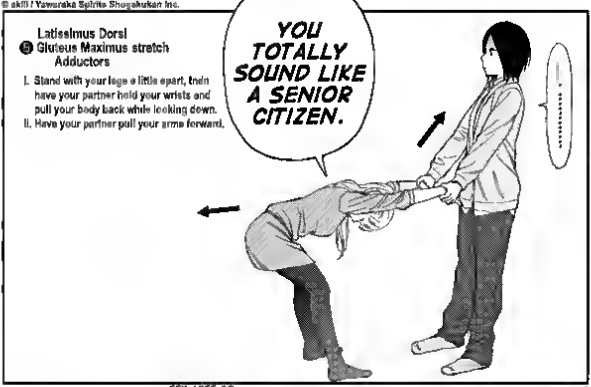

YEAH RIGHT?
They were on sale though
OH
CUTE PANTIES
❸ Pectoralis Major
Triceps Brachii stretch
stc
I. Lie down on your back and extend your arms straight overhead, then have your partner pin your upper arms together with their knees and pull up your shoulders
II Have your partner place their palm heels a bit below your armpits and expand your shoulder blades.

I JUST CAN'T SEEM TO SHAKE OFF THE COLD IN MY BONES LATELY
COULD IT BE THAT YOU'RE VERY SENSITIVE TO THE COLD, SENPAI?
❶ Trapezius
Infraspinatus
Latissimus Dorsi stretch
etc
I. Have your partner pull one of your arms with both arms
II. Stretch your back by leaning back to the side of your arm that is being pulled

© skiff / Yawaraka Spirits Shogakukan Inc.


❷ Latissimus Dorsi
Gluteus Maximus stretch
Adductors
I. Stand with your legs a little apart, then have your partner hold your wrists and pull your body back while looking down.
II. Have your partner pull your arms forward.
YOU TOTALLY SOUND LIKE A SENIOR CITIZEN.

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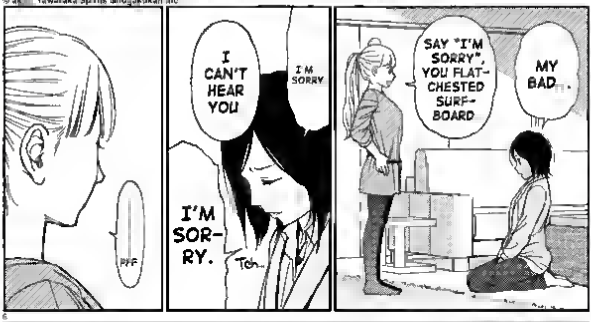


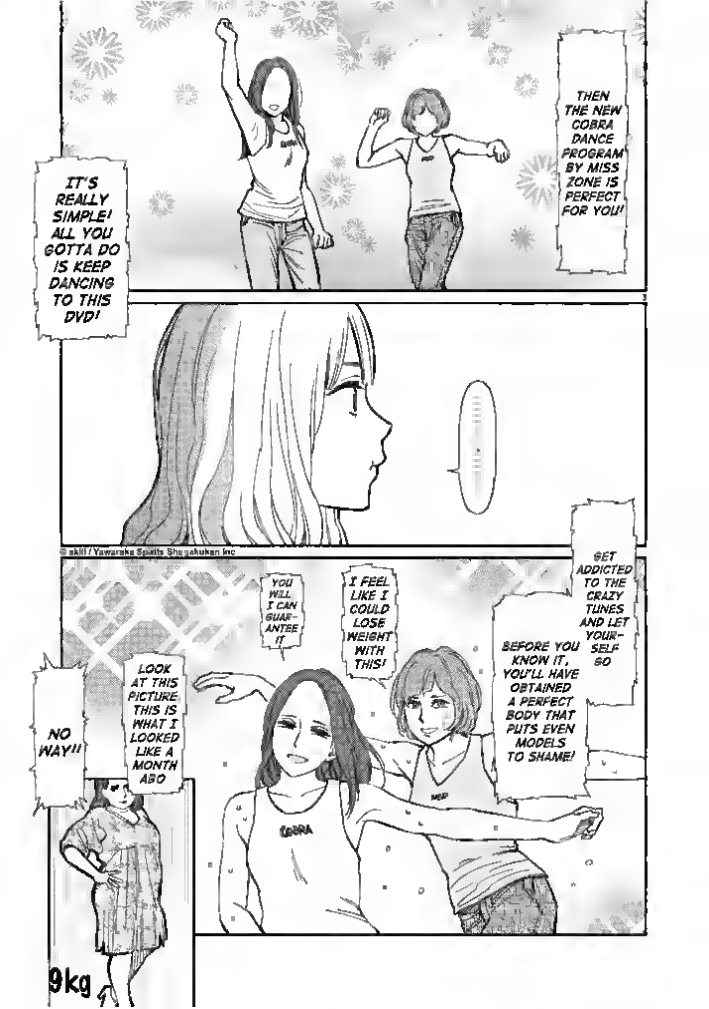
★ Stretching poses ① Arms, Upper Body

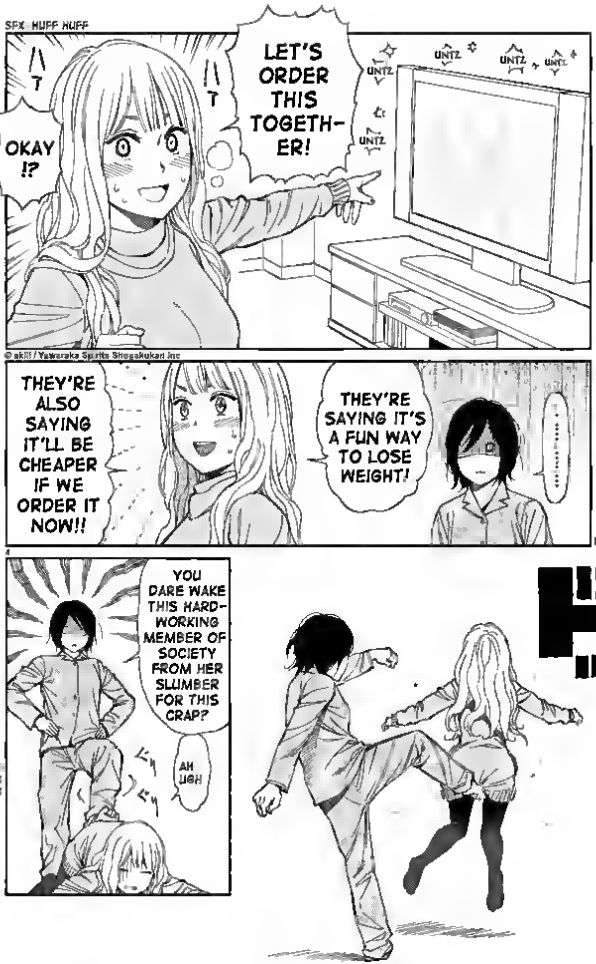
Lie down, stretch out your arms and legs, and imagine you've turned into a beltfish. Don't let the deep sea endlessly stretching out in front of your eyes distract you, though.

Stretch
ストレッチ
23
akili
アキリ

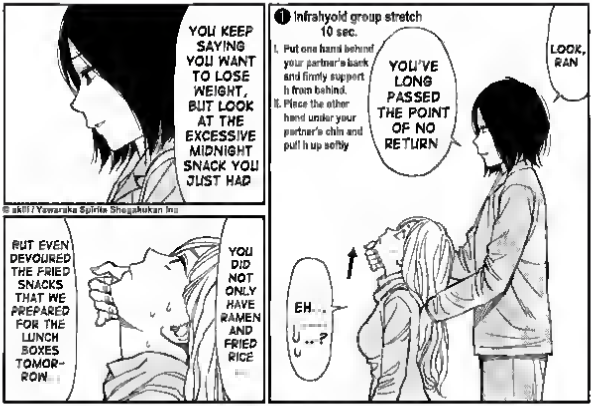
©ak Yawaraka Spirits Shoseki Kankoukai Inc

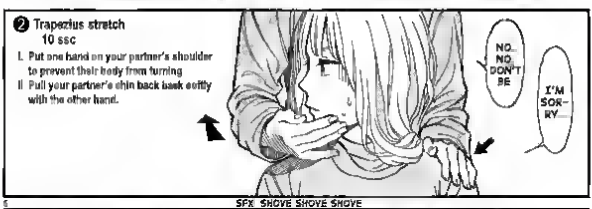
NOW THEN
HNNN NNGH HHH...
an mus culoskeletal (locomotor) system
complain about pain
ic exercises include
Ankylosing spondylitis
© skill / Yawaraka Eplrits Shogakukan Inc
DING
SFX TICK TICK TICK TICK TICK
SFX POUR
2
AND YOU DON'T WANNA WORK OUT HARD
BUT YOU DON'T WANNA CHANGE YOUR EATING HABITS
YOU KNOW YOU GOTTA DO SOME-THING ABOUT IT
LONG GONE ARE THE DAYS WHEN YOU HAD A SLIM FIGURE?
Oh shut up
JUST CAN'T SEEM TO GET RID OF YOUR BELLY FLAB?
SFX: SLURP SLURP
SFX MUNCH MUNCH

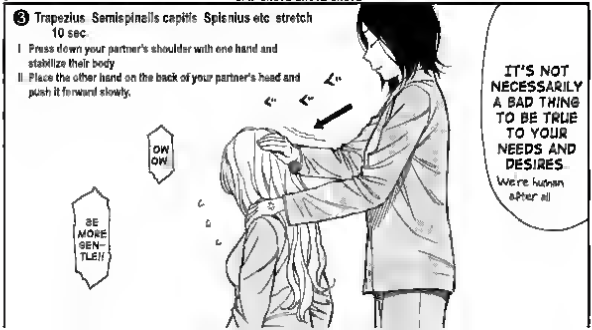

THEN THE NEW COBRA DANCE PROGRAM BY MISS ZONE IS PERFECT FOR YOU!
IT'S REALLY SIMPLE! ALL YOU GOTTA DO IS KEEP DANCING TO THIS DVD!
© akiI / Yawaraka Spirits Shogakukan Inc
GET ADDICTED TO THE CRAZY TUNES AND LET YOURSELF GO
BEFORE YOU KNOW IT, YOU'LL HAVE OBTAINED A PERFECT BODY THAT PUTS EVEN MODELS TO SHAME!
I FEEL LIKE I COULD LOSE WEIGHT WITH THIS!
YOU WILL I CAN GUARANTEE IT
LOOK AT THIS PICTURE. THIS IS WHAT I LOOKED LIKE A MONTH AGO
NO WAY!!
9kg

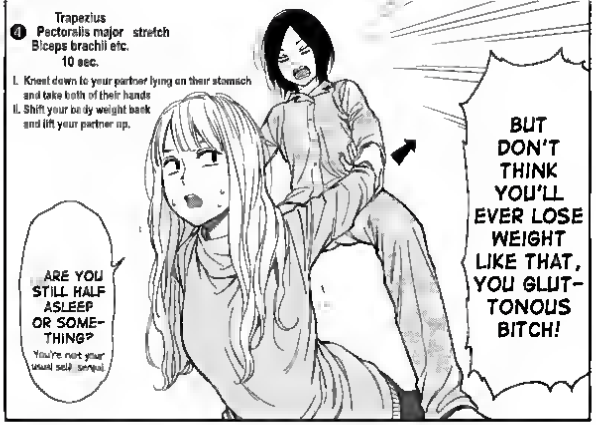

SFX: HUFF HUFF
OKAY !?
LET'S ORDER THIS TOGETH-ER!
UNTZ
UNTZ
UNTZ
UNTZ
UNTZ
© akiii / Yawaraka Spirits Shogakukan Inc
THEY'RE ALSO SAYING IT'LL BE CHEAPER IF WE ORDER IT NOW!!
THEY'RE SAYING IT'S A FUN WAY TO LOSE WEIGHT!
SFX: BANG
4
YOU DARE WAKE THIS HARD-WORKING MEMBER OF SOCIETY FROM HER SLUMBER FOR THIS CRAP?
AH UGH
SFX: RUB RUB

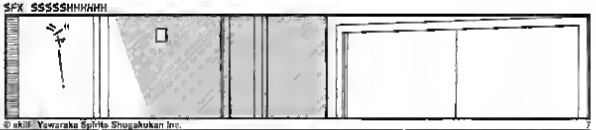
WHY DID IT HAVE TO BE TODAY OF ALL DAYS..?
© akiii / Yowaraka Spirits Shogakukan Inc
I JUST WANNA LOSE WEIGHT
SFX SHAKE SHAKE
AND I FIGURED, IF IT'S WITH THIS, I MIGHT BE ABLE TO PULL IT OFF
BUT I'M A LITTLE LACKING IN THE MONEY DEPARTMENT RIGHT NOW
SFX TURN
SFX SOB
SO, COULD YOU AT LEAST LOAN ME SOME MONEY!?
HUH?
SEE THAT OVER THERE?
YES


YOU KEEP SAYING YOU WANT TO LOSE WEIGHT, BUT LOOK AT THE EXCESSIVE MIDNIGHT SNACK YOU JUST HAD
© akiii / Yawaraka Spirits Shogakukan Inc
BUT EVEN DEVOURED THE FRIED SNACKS THAT WE PREPARED FOR THE LUNCH BOXES TOMOR-ROW...
YOU DID NOT ONLY HAVE RAMEN AND FRIED RICE
❶ Infrahyoid group stretch
10 sec.
I. Put one hand behind your partner's back and firmly support h from behind.
II. Place the other hand under your partner's chin and pull h up softly
YOU'VE LONG PASSED THE POINT OF NO RETURN
LOOK, RAN
EH...
U...?
U


❷ Trapezius stretch
10 ssc
I. Put one hand on your partner's shoulder to prevent their body from turning
II. Pull your partner's chin back isak softly with the other hand.
NO... NO, DON'T BE
I'M SOR-RY...
SFX SHOVE SHOVE SHOVE


❸ Trapezius Semispinalis capitis Splenius etc stretch
10 sec
I Press down your partner's shoulder with one hand and stabilize their body
II. Place the other hand on the back of your partner's head and push it forward slowly.
OW OW
BE MORE GEN-TLE!
IT'S NOT NECESSARILY A BAD THING TO BE TRUE TO YOUR NEEDS AND DESIRES
We're human after all


Trapezius
❹ Pectoralis major stretch
Biceps brachii etc.
10 sec.
I. Kneel down to your partner lying on their stomach and take both of their hands
II. Shift your body weight back and lift your partner up.
ARE YOU STILL HALF ASLEEP OR SOMETHING?
You're not your usual self, senpai.
BUT DON'T THINK YOU'LL EVER LOSE WEIGHT LIKE THAT, YOU GLUTTONOUS BITCH!



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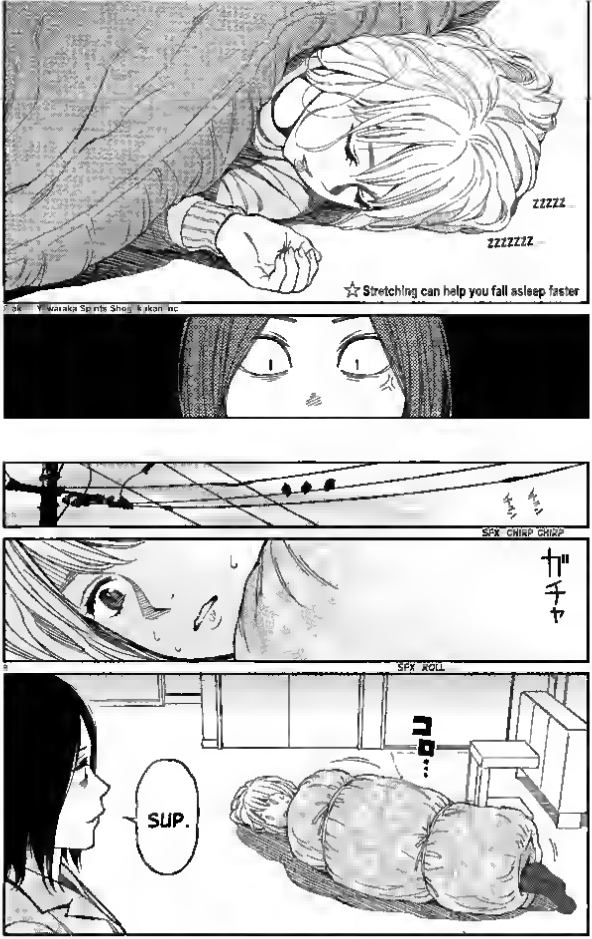
HEY, RAN, IT'S YOUR FAULT THAT I CAN'T SLEE-
LIKE IT WASN'T ENOUGH THAT I HAVE TROUBLE FALLING ASLEEP EVERY NIGHT
I'M COMPLETELY AWAKE NOW...
Sigh.


zzzzz
zzzzzzz
☆Stretching can help you fall asleep faster
SFX: CHIRP CHIRP
SFX: KEK-CHAK
SFX: ROLL
SUP.

★ Stretching poses ②

Trapezius, Pectoralis Major, Biceps Brachii etc.

Basically, all you have to do is lie upside-down and have your partner pull you back by your arms as far as possible. Acting like you've turned into a pigeon and crying "coo, coo" should help too.

BIG SPIRITS COMICS SPECIAL

Stretch
ストレッチ

24

アキリ
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I wonder what it is
THANK YOU SO MUCH♥
EHH!?
I GOT A PRESENT FOR YOU
rustle rustle

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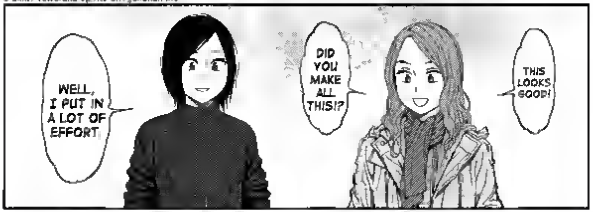

ARE YOU HER WIFE OR WHAT?
IT'S FUN BECAUSE RAN CHOWS DOWN EVERYTHING I COOK LIKE IT WAS THE BEST THING EVER.
TO THINK THAT YOU'RE INTO COOKING NOW OF ALL PEOPLE

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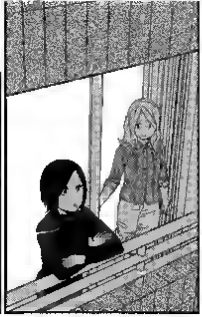
WELL, LET'S GET THE PARTY STARTED THEN!
YES!
YAA AAY
SFX: BA-BUMP
RAN, YOU'RE REALLY SOME-THING ...
YEAH, I WANTED TO COME HOME TO YOU TWO AS FAST AS POSSIBLE!

!
☆
♥
♥
SFX: GULP GULP GULP
SFX: EXHALE
ごごご



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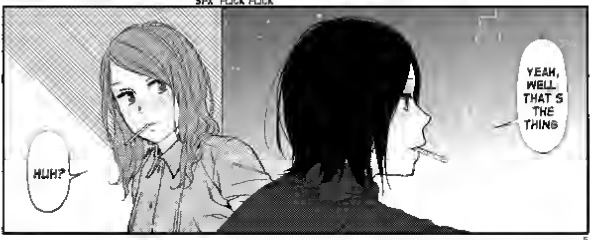
YOU'VE ALWAYS BEEN THE TYPE TO SUCCUMB TO LONELINESS EASILY...
HUH, THAT'S NOT LIKE YOU
BUT YOU KNOW? I'VE BEEN THINKING OF STAYING SINGLE FOR A WHILE...



I THINK I KINDA LIKE THE LIFE I'M LIVING NOW
OH BOY
DOC WE GOT A VERY SERIOUS CASE HERE
WHAT'S THAT ABOUT?
Keep your back straight.
❶Gluteus Maximus stretch
10 sec
I. Sit with your knees slightly bent and hold the back of your knees with both hands
II. Lean forward with your upper body.

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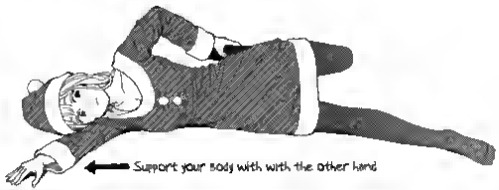
❷Lateral rotator group stretch
10 sec
I. Sit with your right leg crossed over your left thigh
II. Press with your left hand on the left thigh as you rotate your body to the right.
BUT I THINK I KNOW HOW YOU FEEL.
THAT GIRL HAPPENS TO BE THE KIND OF PERSON YOU NEED RIGHT NOW, KEIKO.
Place your right sole on the ground

❸Hamstring stretch
10 sec
I. Sit with your legs extended forward and extend your back
II. Lean forward as far as you can and hold.
I'M A BIT JEALOUS THOUGH
We've been friends a lot longer, you know?
YOU THINK?

❹ Quadriceps stretch
10 sec

I. Lie on your left side, bend your right knee back and hold onto the top of your right foot.
II. Pull your heel and your knee back with your hand and hold.



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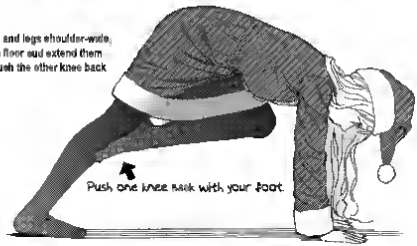
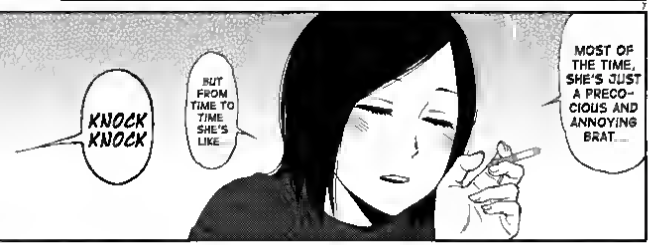
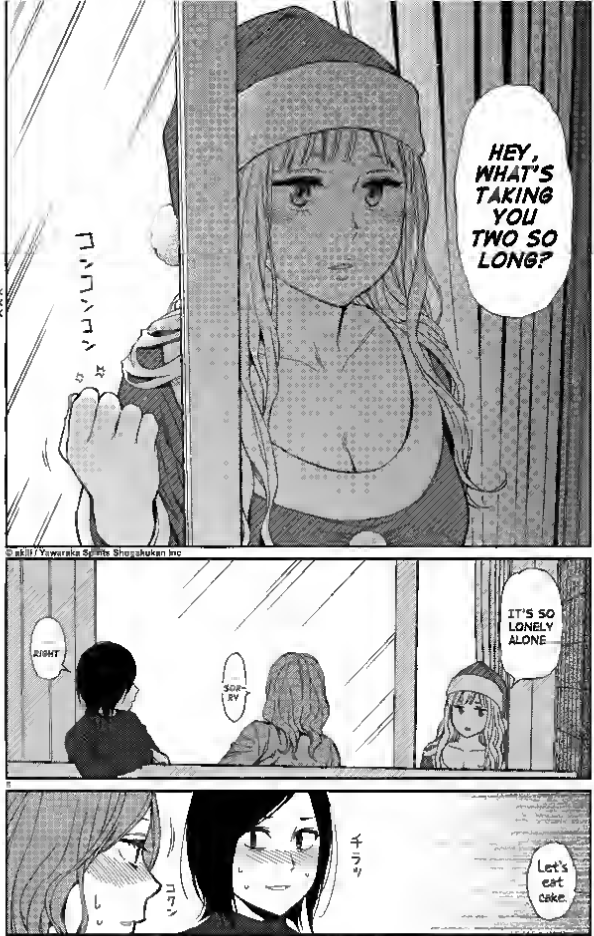
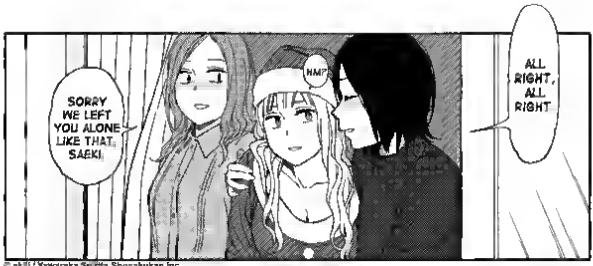
❺ Calf stretch
10 sec

I. Spread your arms and legs shoulder-wide, place them on the floor and extend them.
II. Use one foot to push the other knee back and hold






SFX
KNOCK
KNOCK
KNOCK
コンコンコン
HEY, WHAT'S TAKING YOU TWO SO LONG?
Sakili / Yawaraka Sports Shogakukan Inc
IT'S SO LONELY ALONE
SOB SOB
RIGHT
Let's eat cake.
チラリ
コクン
SFX: NOD
SFX: GLANCE



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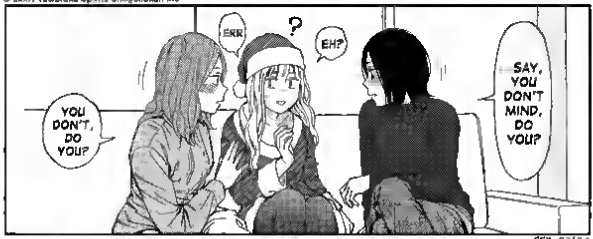
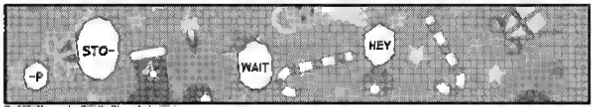


SFX: GRAB



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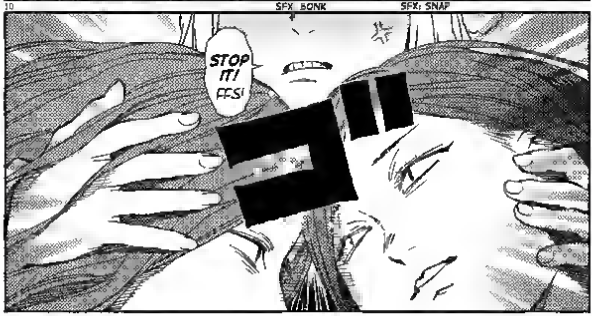
Smells so nice
YOUR WHOLE BODY IS NICE AND SOFT, IT FEELS SO GREAT TO TOUCH YOU, SAEKI♥
NO STO
SERI OUSLY NOW
MUAHAHA THEY RE FREAKING AMAZING, RAN♥

SFX: FONDLE FONDLE

10

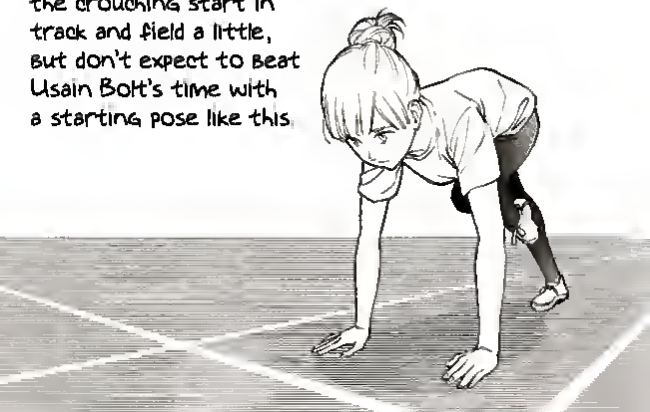
SFX: BONK SFX: SNAP



THE END

★ Stretching poses ③ Gastrocnemius

This pose may resemble the crouching start in track and field a little, but don't expect to beat Usain Bolt's time with a starting pose like this.



BIG SPIRITS COMICS SPECIAL

Stretch
ストレッチ

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アキリ
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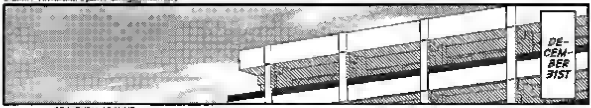
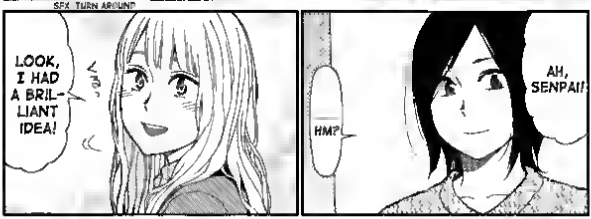
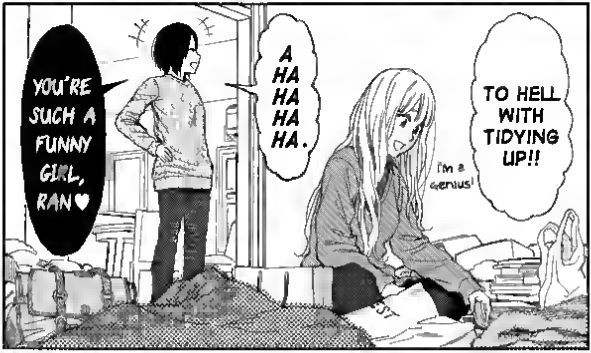
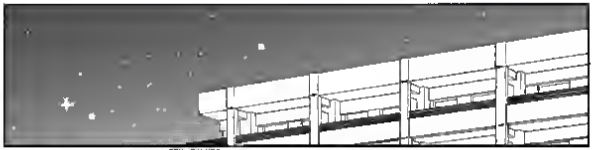
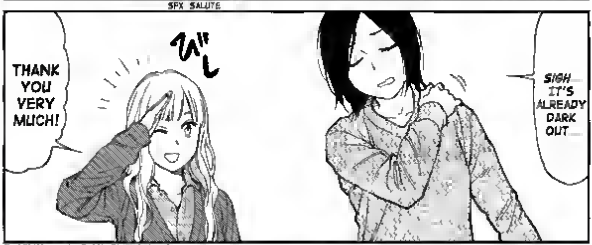








SFX: SALUTE



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❷ Gluteus Maximus stretch 10 sec.

I. Sit down on the ground. lift one of your legs and grasp foot and knee with both hands
II Pull leg toward torso

❶ Pectoralis Major stretch 15 sec

I. Sit down on the floor and clasp your hands behind your back.
II. Force your shoulders back and straighten your back while extending your chest out

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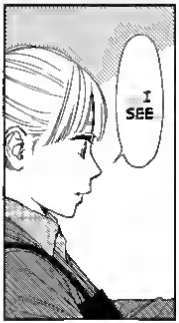
❸ Pectineus (Adductors) stretch 10 sec.

I. Kneel on your legs, and sl de one foot to the back.
II. Spin your hip around and turn your toes outside



❹ Hamstring Triceps Surae stretch 10 sec.

I Sit down on a chair and stretch one leg forward

II Reach for the toes with the hand of the same side and lean forward while pulling your toes toward your shin

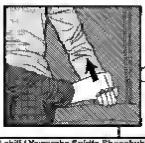
THE IDEA OF HAVING SOBA ON NEW YEAR'S EVE NEVER CROSSED MY MIND
IT'S JUST NEVER BEEN A CUSTOM IN OUR FAMILY, I GUESS...
Bend your knee a little

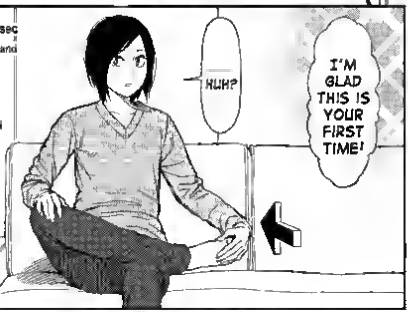
❺▶ Tibialis Anterior stretch 10 sec

I. Cross one leg over the other knee and pull the toes back

❻▼ Peroneal stretch 10 sec

I. Put your hand under your toes and pull your ankle upwards





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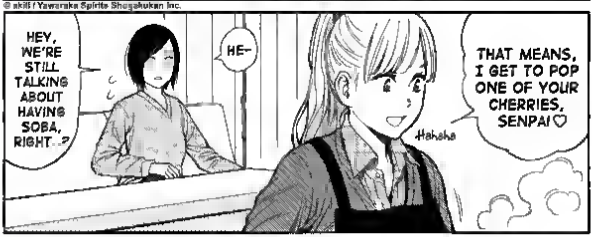
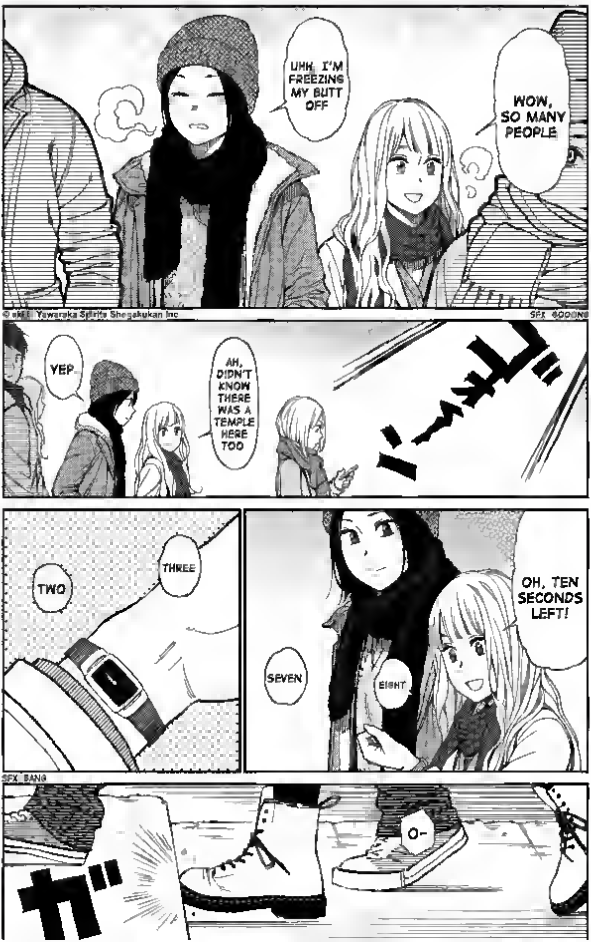
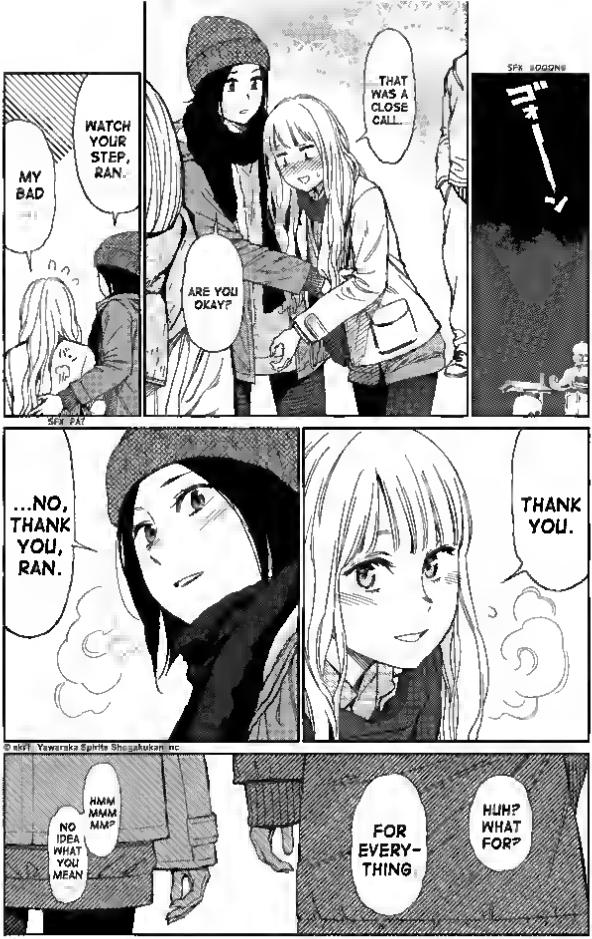
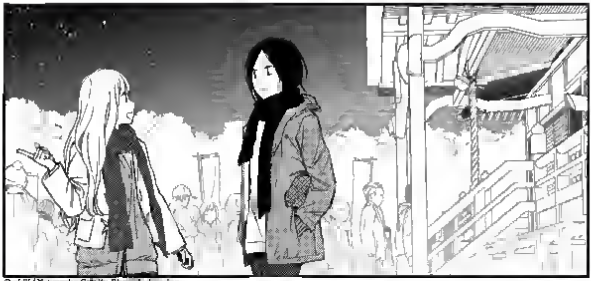


WELL, IN ANY CASE...
PREPARE YOURSELF THE SOBA I MAKE IS SERIOUSLY GOOD
IS THERE SOMETHING SPECIAL ABOUT IT?
Compared to normal soba
...JUST A LITTLE SOMETHING...
© aki Yawaraka Spirits Shogakukan Inc

OH, RIGHT
WHEN DID YOU SAY YOU HAVE TO LEAVE TOMORROW, RAN?
SOME TIME AFTER NOON WHY?
OH, WE'LL BE ABLE TO MAKE IT THEN
WHERE TO?
SLURP
SLURP


UHH, I'M FREEZING MY BUTT OFF
WOW, SO MANY PEOPLE
© ぬまと Yawaraka Spirits Shogakukan Inc
SFX GOOONS
YEP
AH, DIDN'T KNOW THERE WAS A TEMPLE HERE TOO
ゴーン
THREE
TWO
OH, TEN SECONDS LEFT!
SEVEN
EIGHT
SFX BANG
O-
ガ


WATCH YOUR STEP, RAN.
MY BAD
ARE YOU OKAY?
THAT WAS A CLOSE CALL.
SFX GOGONS
ゴォーン
SFX PAT
...NO, THANK YOU, RAN.
THANK YOU.
© ekiT. Yawaraka Spirits Shogakukan Inc
NO IDEA WHAT YOU MEAN
HMM MMM MM?
FOR EVERY-THING
HUH? WHAT FOR?



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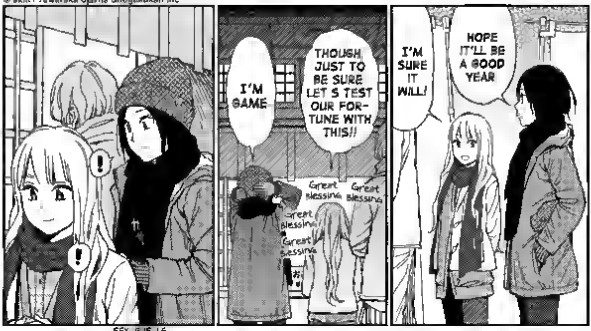
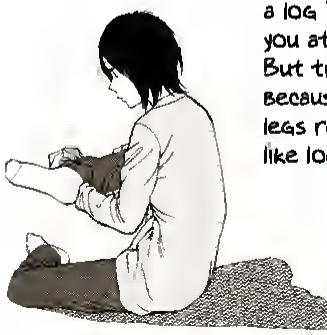


SFX: RUS LE

★ Stretching poses ④ Gluteus Maximus



Imagine yourself holding a log in your hands when you attempt this pose. But try not to overdo it because it'd be sad if your legs really started looking like logs to you.

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Stretch
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MH...
GOTTA PEE...
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I KNOW, I KNOW.
SORRY, MOM.
...YEAH, I'M WITH SOMEONE WHO'S VERY IMPORTANT TO ME.
AND I'D LOVE TO GREET THE NEW YEAR HERE WITH THAT PERSON.

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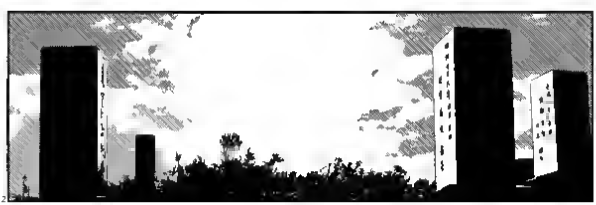

© ak Yawaraka Spirits Shoukakukan Inc.

The Seed Cafe
© ak Yowaraka Sprite Shogakukan Inc
HOW HAVE YOU BEEN LATELY? BUSY?
WELL, WE RAN INTO EACH OTHER LIKE THIS, SO IT'S ALRIGHT, RIGHT?
YOU SHOULD'VE CALLED US IF YOU WERE GOING TO COME BACK!
WHAT'S WITH THAT LOOK...?
AH, I'M LIVING WITH SENPAI NOW. SENPAI KEIKO, REMEMBE-
IT WASN'T A JOKE, OKAY?
Hahaha
IT USUALLY ISN'T WHEN RAN TRIES TO CRACK A JOKE
sigh...
THINK THAT WAS SUPPOSED TO BE FUNNY? BECAUSE IT SURE AS HELL WASN'T.

①Tibialis stretch
10 sec
I. Sit on a chair and hold the seat with both hands
II. Bend one leg at the knee and stretch your ankle by pressing the top of your foot to the floor
FING
FING
FING
FING
FING
FING
FING
☆As if you were trying to place your knee onto the floor

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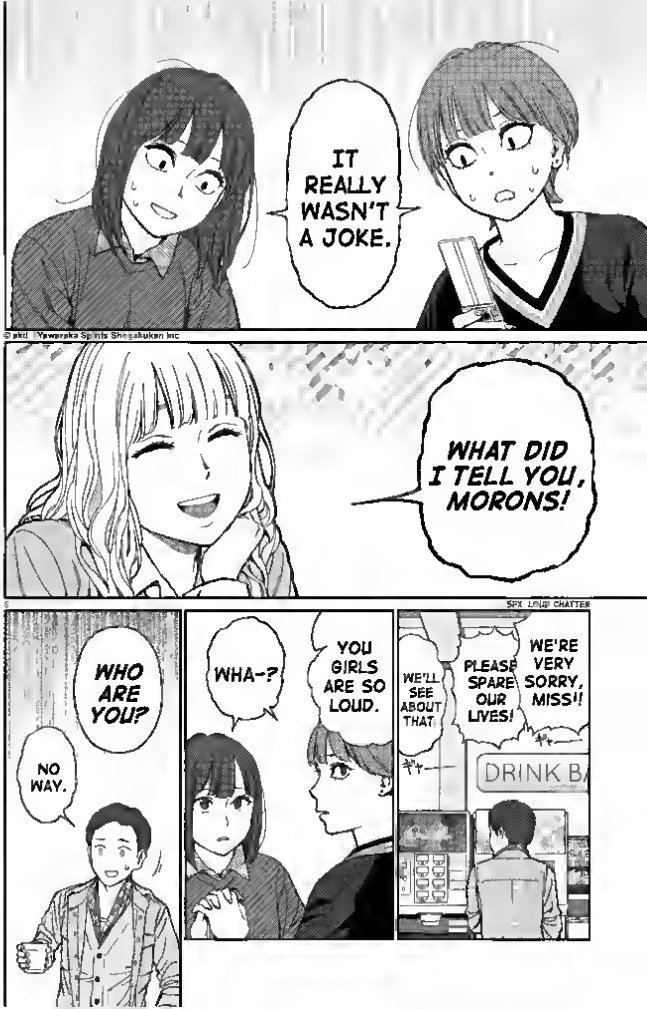

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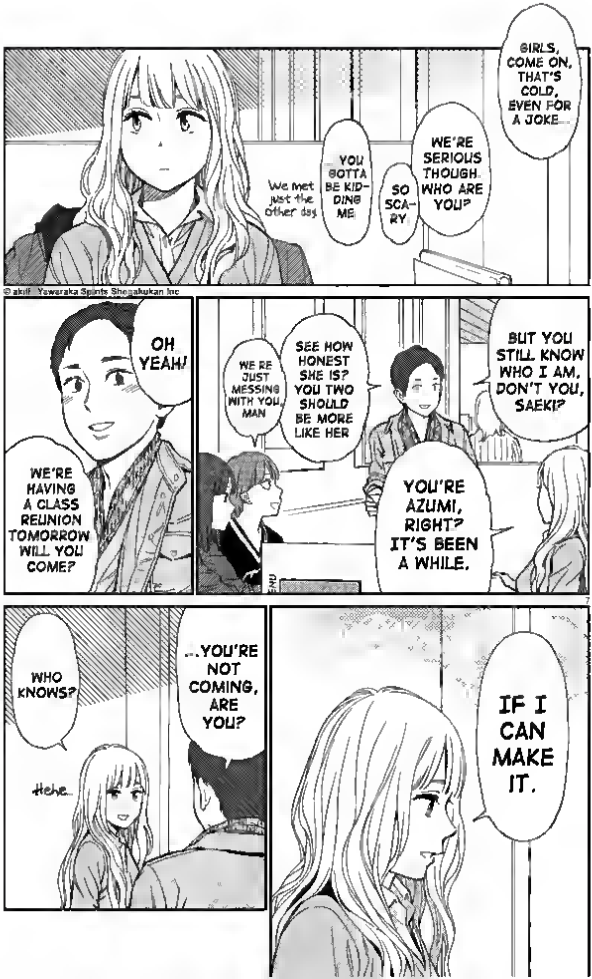
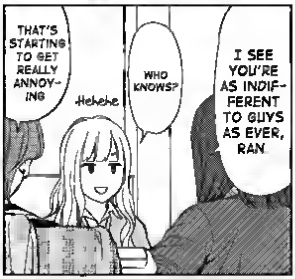
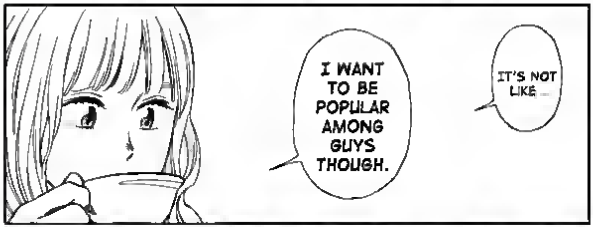
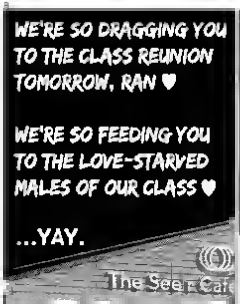
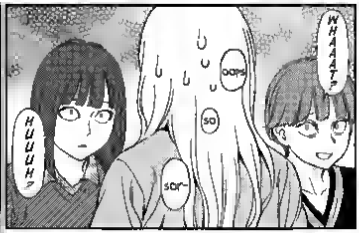

We met just the other day
...YOU GOTTA BE KIDDING ME
SO SCARY
WE'RE SERIOUS THOUGH. WHO ARE YOU?
GIRLS, COME ON, THAT'S COLD, EVEN FOR A JOKE...
© akiiF. Yowaraka Spirits Shogakukan Inc
OH YEAH!
WE'RE HAVING A CLASS REUNION TOMORROW. WILL YOU COME?
WE'RE JUST MESSING WITH YOU, MAN
SEE HOW HONEST SHE IS? YOU TWO SHOULD BE MORE LIKE HER
BUT YOU STILL KNOW WHO I AM, DON'T YOU, SAEKI?
YOU'RE AZUMI, RIGHT? IT'S BEEN A WHILE.
WHO KNOWS?
Hehe...
...YOU'RE NOT COMING, ARE YOU?
IF I CAN MAKE IT.

©akiu Yowarushi Spirits Shogakukan Inc









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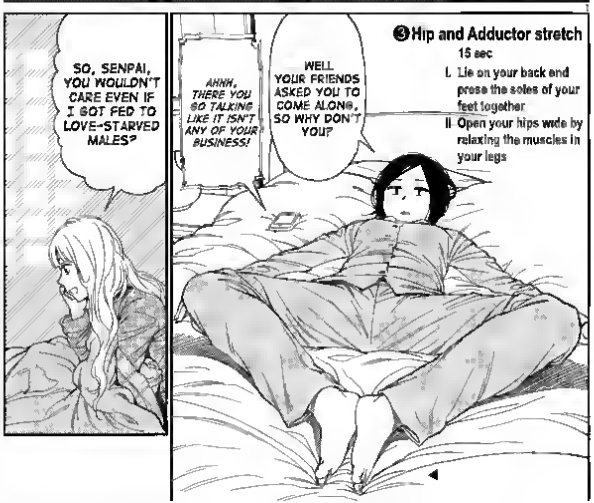
❷Plantar stretch

10 sec.

I Sit down on a chair or something similar and cross one leg over the other knee

II Grasp your heel and toes and bend both ankle and toes back.


SO, SENPAI, YOU WOULDN'T CARE EVEN IF I GOT FED TO LOVE-STARVED MALES?
AHHH, THERE YOU GO TALKING LIKE IT ISN'T ANY OF YOUR BUSINESS!
WELL YOUR FRIENDS ASKED YOU TO COME ALONG, SO WHY DON'T YOU?

❸Hip and Adductor stretch

15 sec

I Lie on your back and press the soles of your feet together

II Open your hips wide by relaxing the muscles in your legs

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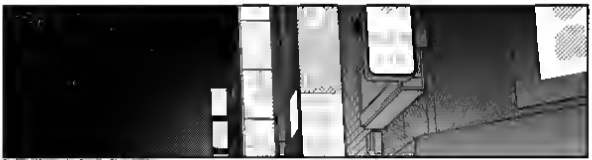
❹ Hamstring stretch

10 sec

I. Lie on your back and bend one leg at the knee.

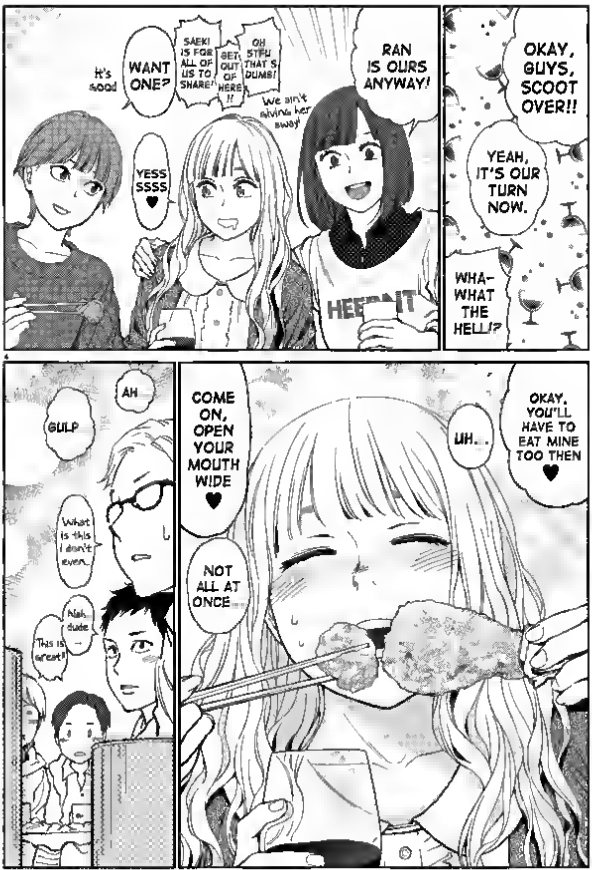
II. Lift the other leg, hold your calf and the back of your thigh and pull your leg toward your chest.



Sigh

I WISH I WAS SITTING NEXT TO HER
SURE SURE
REFILL PWEEA AAASE
SHE'S VERY CUTE
SHE'S CUTE

TWO MEMBERS OF SAEKI RAN'S FAN CLUB
YEAH, SHE'S CRAZY
DAMN, LOOK AT RAN DOWN ONE DRINK AFTER ANOTHER



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SFX: BUBU BUBU
PHEW, I'M GLAD!
I THOUGHT YOU MAYBE DON'T LIKE SPICY CURRY BECAUSE YOU ALWAYS MAKE IT SWEET...
IS SOME-THING WRONG?
OH PLEASE, SENPAI! WHY WOULD YOU CALL ME AT A TERRIBLE TIME LIKE THIS BECAUSE OF CURRY!?
5 Tibialis Anterior stretch
10 sec
1 Place the dorsum and the toes of one foot on the floor and stretch it by pushing forward

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I WANTED TO DRINK A LITTLE AND THEN QUICKLY GET OUT OF HERE, BUT...
...IF THIS GOES ON, I'M GOING TO HAVE A RELAPSE...!!
HUH!?
NE-NEVER MIND
I HAVE TO HANG UP FOR NO-

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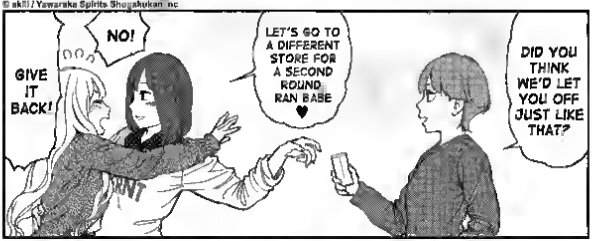

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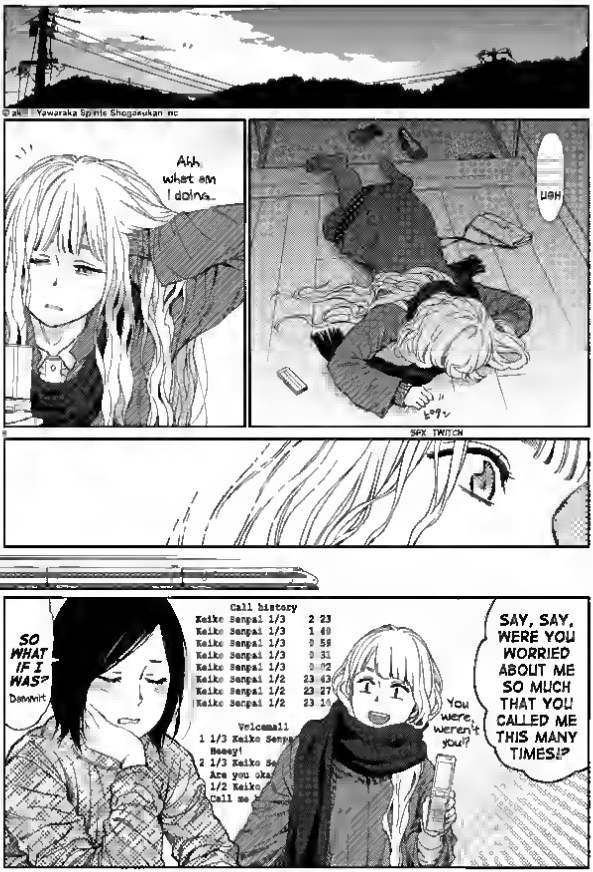

©ak Yowaraka Spirits Shogakukan Inc
Ahh, what am I doing...
Huh
SRX TWITCH
Call history
Keiko Senpai 1/3 2 23
Keiko Senpai 1/3 1 40
Keiko Senpai 1/3 0 59
Keiko Senpai 1/3 0 31
Keiko Senpai 1/3 0 02
Keiko Senpai 1/2 23 43
Keiko Senpai 1/2 23 27
Keiko Senpai 1/2 23 14
Voicemail
1 1/3 Keiko Senpai
Heeey!
2 1/3 Keiko Se
Are you oka
1/2 Keiko
Call me
SO WHAT IF I WAS?
Dammit
You were, weren't you!?
SAY, SAY, WERE YOU WORRIED ABOUT ME SO MUCH THAT YOU CALLED ME THIS MANY TIMES!?

★ Stretching poses ⑤ Gluteus Maximus

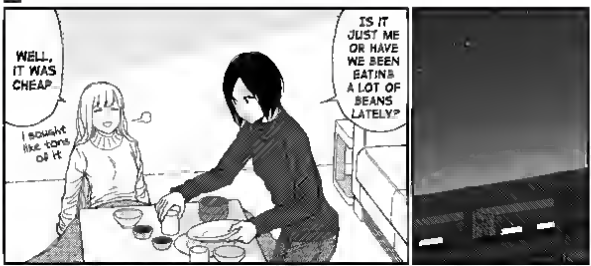
If worst comes to worst, and someone sees you in this pose, just tell them you're practicing your Kanji imitations. Say it's a slanted version of "田".

BIG SPIRITS COMICS SPECIAL

Stretch
ストレッチ

27B

アキリ
akili



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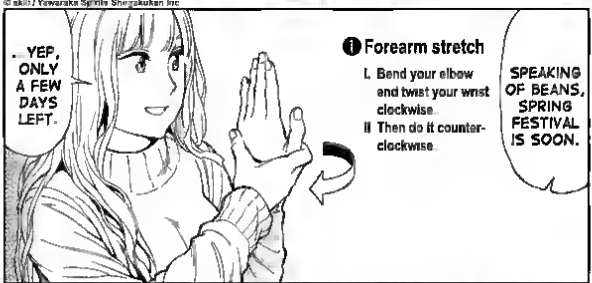
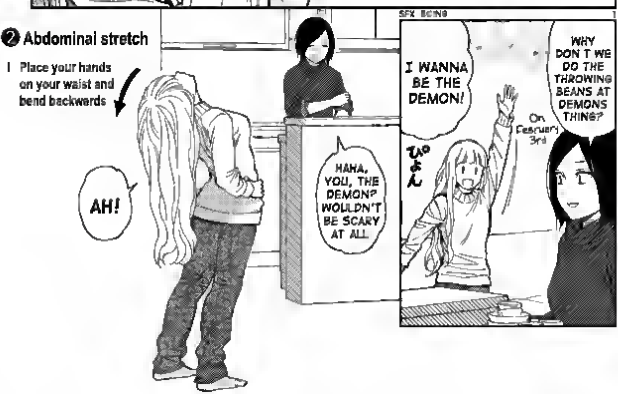
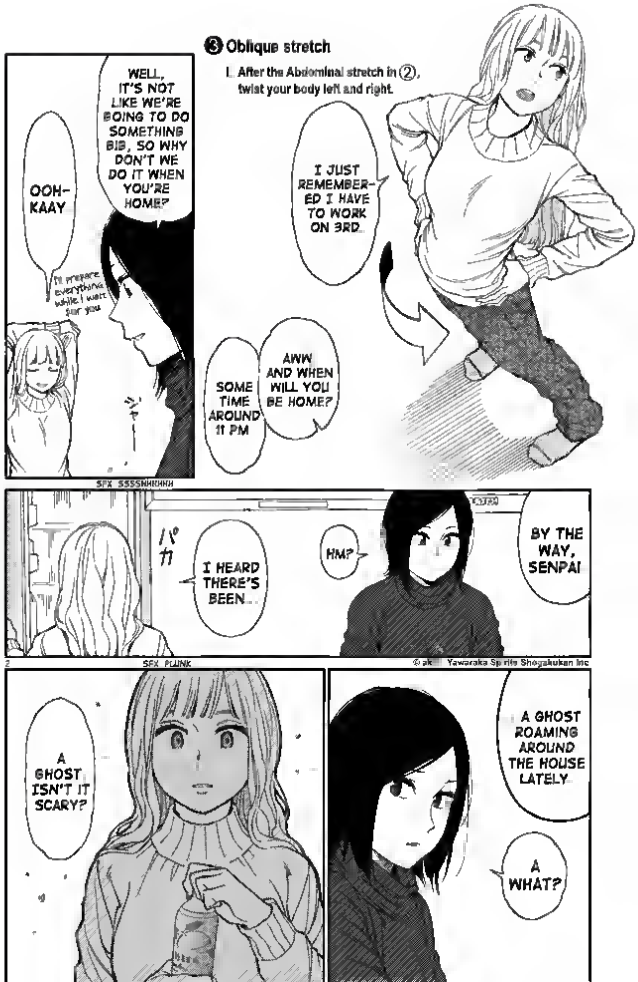
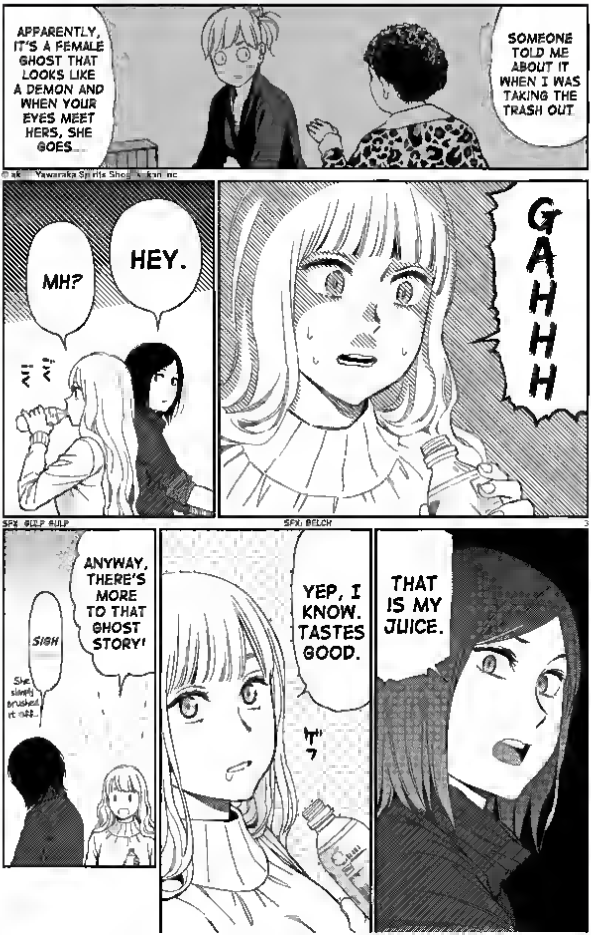

...YEP, ONLY A FEW DAYS LEFT.
❶ Forearm stretch
I. Bend your elbow and twist your wrist clockwise.
II Then do it counter-clockwise.
SPEAKING OF BEANS, SPRING FESTIVAL IS SOON.

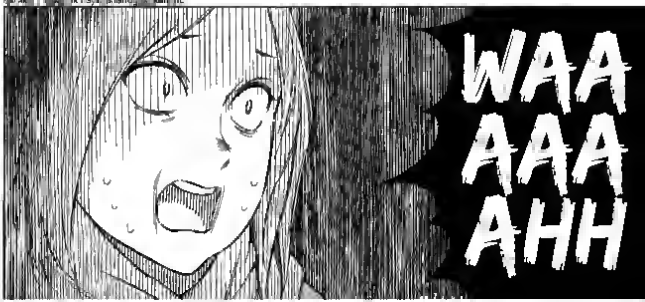

❷ Abdominal stretch
I Place your hands on your waist and bend backwards
AH!
HAHA, YOU, THE DEMON? WOULDN'T BE SCARY AT ALL.
SFX: BEING
I WANNA BE THE DEMON!
WHY DON'T WE DO THE THROWING BEANS AT DEMONS THING?
On February 3rd

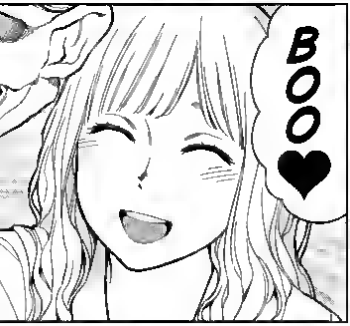

❸ Oblique stretch
1. After the Abdominal stretch in ②, twist your body left and right.
WELL, IT'S NOT LIKE WE'RE GOING TO DO SOMETHING BIG, SO WHY DON'T WE DO IT WHEN YOU'RE HOME?
OOH-KAAY
I'll prepare everything while I wait for you
I JUST REMEMBERED I HAVE TO WORK ON 3RD.
AWW AND WHEN WILL YOU BE HOME?
SOME TIME AROUND 11 PM
SFX SSSSHHHHHH
パカ
I HEARD THERE'S BEEN...
HM?
BY THE WAY, SENPAI
SFX KLUNK
A GHOST ISN'T IT SCARY?
A GHOST ROAMING AROUND THE HOUSE LATELY
A WHAT?


APPARENTLY, IT'S A FEMALE GHOST THAT LOOKS LIKE A DEMON AND WHEN YOUR EYES MEET HERS, SHE GOES...
SOMEONE TOLD ME ABOUT IT WHEN I WAS TAKING THE TRASH OUT.
MH?
HEY.
GAHHH
SFX: GULP GULP
SFX: BELCH
ANYWAY, THERE'S MORE TO THAT GHOST STORY!
SIGH
She slowly brushed it off...
YEP, I KNOW. TASTES GOOD.
THAT IS MY JUICE.

On February 3rd

HERE'S HOW IT GOES WHEN SHE COMES FOR YOU
SUDDENLY, THE POWER GOES OFF AND THERE IS WATER ALL OVER THE FLOOR.
AND YOU NOTICE HOW THE ROOM TEMPERATURE HAS DROPPED, BUT IT'S TOO LATE THEN 'COZ SHE'S ALREADY... RIGHT NEXT TO YOU!!
NO, NO WAY, THERE'S NO WAY THAT THAT'S WHAT THIS IS
I REFUSE TO BELIEVE SOMETHING STUPID LIKE THAT
MEH, I'LL JUST
QUICKLY FLIP THE BREAKER AND I'LL BE FINE

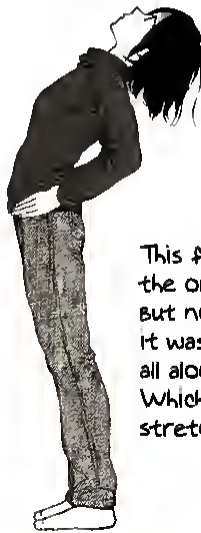

WAA
AAA
AHH



SFX: BONK

SFX: SHAKE SHAKE
SAY WHAT!?
WHAT THE HELL DO YOU THINK YOU'RE DOING!? WHY AREN'T YOU AT WORK LIKE YOU SAID YOU WOULD BE!?
YOU GOTTA TRAIN MEANS
NOT YOUR BAG
I DIDN'T REALLY HAVE TO WORK TODAY
© akiii / Yawaraka Spirits Shogakukan Inc
SFX: GASP
I'M NOT EVEN KIDDING! YOU'RE SO AWE-SOME!!!
HUH?
SEN-PAI YOU'RE AMA-ZING!!
I JUST FIGURED I'D GIVE YOU A LITTLE SCARE...
8
YOU DON'T EVEN NEED A MASK TO LOOK LIKE A DEMON!!
RAN GOT SPANKED AFTER-WARDS

★ Stretching poses ⑥ Rectus Abdominis



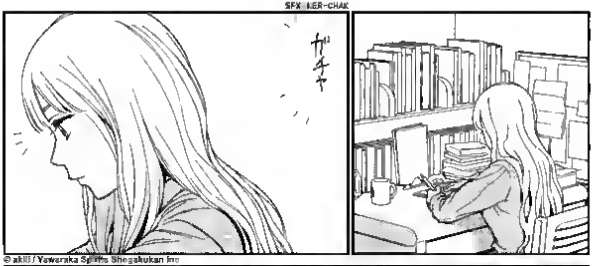
This famous pose was even in the original Radio Exercise No 1, but now that I think about it, it was a Rectus Abdomini stretch all along.
Which makes it the most popular stretch among Japanese people.

BIG SPIRITS COMICS SPECIAL

Stretch
ストレッチ

28

アキリ
akili



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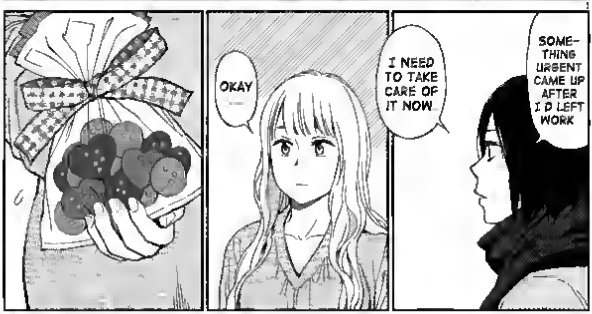

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❶ Trapezius stretch A

10 sec.

I. Sit on a chair, than reach with one arm behind your back and grab the back of the chair.

II. Put your other hand on the top of your head and pull it to one aida.

❷ Trapezius stretch B

10 sec.

I Sit on a chair like in ❶, than put your hand on the back of your head and pull it forward

❸ Oblique, Sternocleidomastoid stretch

10 sec

I Sit on a chair, push your hips as far back as they can go in the chair and grab the back of the chair.

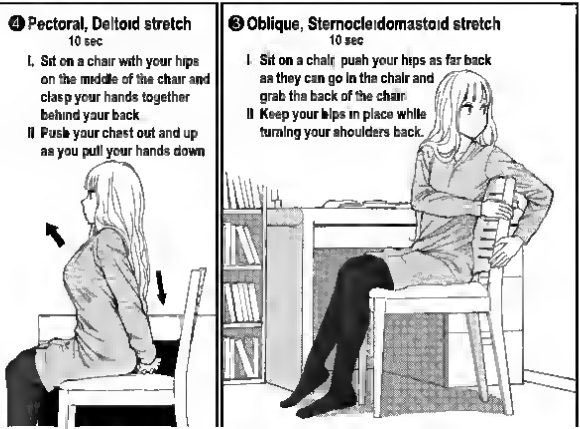
II Keep your hips in place while turning your shoulders back.

❹ Pectoral, Deltoid stretch

10 sec

I. Sit on a chair with your hips on the middle of the chair and clasp your hands together behind your back.

II Push your chest out and up as you pull your hands down



❺ Oblique, Latissimus Dorsi, lower back stretch
10 sec

I. Sit on a chair and open your legs wide.
II. Extend one arm straight down, bend the other arm at the elbow and put it up.
III. Pull your elbow as far up as possible while trying to touch the floor with your extended arm

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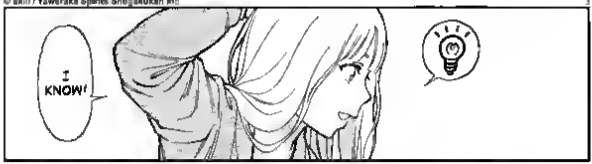

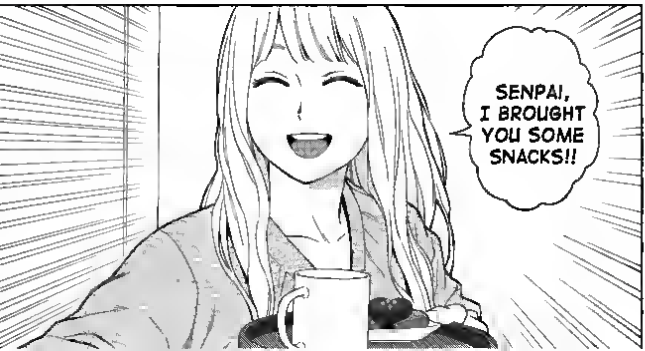

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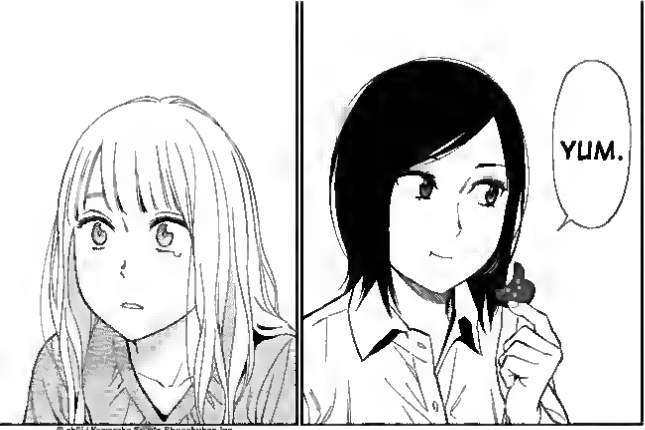
SNIFF
THEY WERE FOR YOU
4
SFX MUNCH
はぐ
Ah
OH BOY
SOMETIMES I WONDER IF YOU'RE DOING IT ON PURPOSE
I'M SO
SORRY
SFX TWITCH TWITCH



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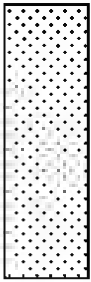

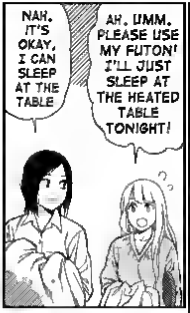

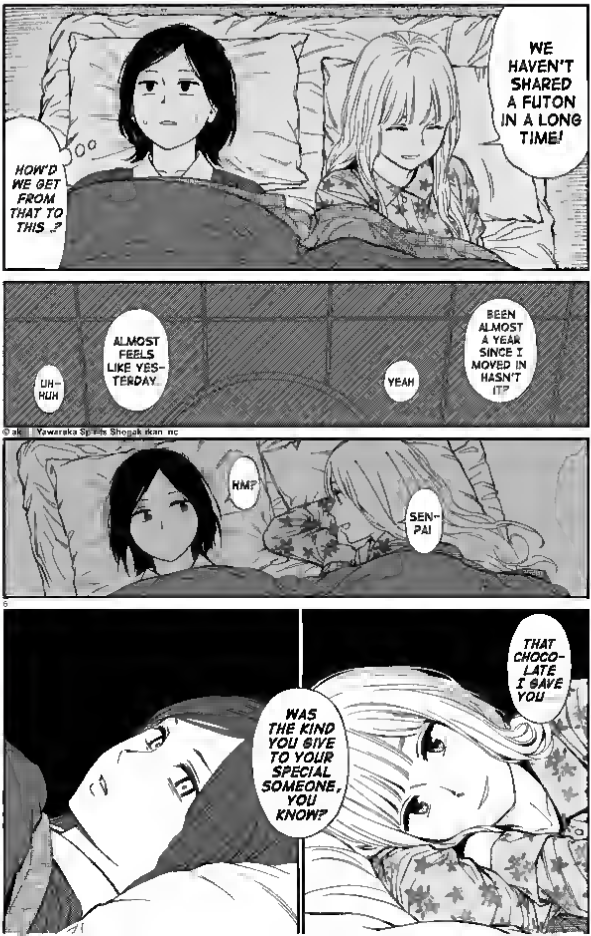
HOW'D WE GET FROM THAT TO THIS ..?
WE HAVEN'T SHARED A FUTON IN A LONG TIME!
UH-HUH
ALMOST FEELS LIKE YESTERDAY.
YEAH
BEEN ALMOST A YEAR SINCE I MOVED IN HASN'T IT?
HM?
SEN-PAI
THAT CHOCOLATE I GAVE YOU
WAS THE KIND YOU GIVE TO YOUR SPECIAL SOMEONE, YOU KNOW?

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HEY
IT'S MORNING
MH

★ Stretching poses ⑦

Abdominal Oblique, Latissimus Dorsi, Lower Back

To remember this pose, put one hand out like an office worker trying to keep her one-length hair out of her Ramen, and the other like a Yakuza member greeting another in an old-fashioned way

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Stretch
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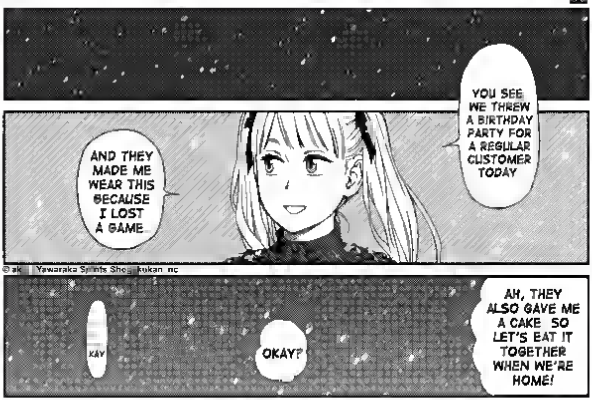
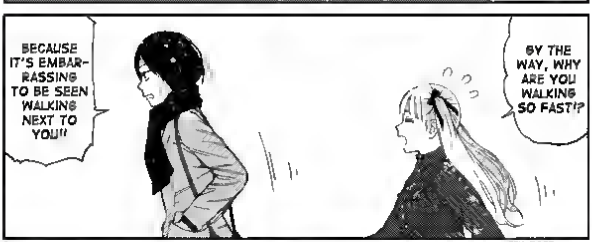
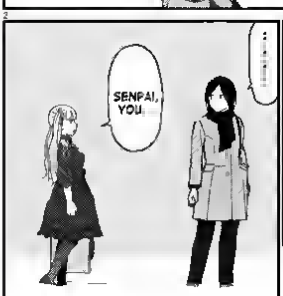
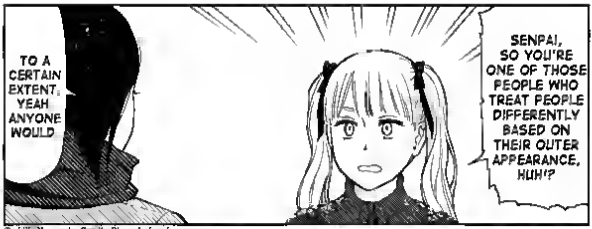
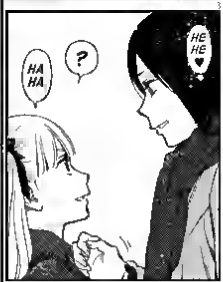

YOU SEE, WE THREW A BIRTHDAY PARTY FOR A REGULAR CUSTOMER TODAY
AND THEY MADE ME WEAR THIS BECAUSE I LOST A GAME
© ak Yawaraka Spirits Shogakukan inc
AH, THEY ALSO GAVE ME A CAKE SO LET'S EAT IT TOGETHER WHEN WE'RE HOME!
OKAY?
KAY


BY THE WAY, WHY ARE YOU WALKING SO FAST!?
BECAUSE IT'S EMBARRASSING TO BE SEEN WALKING NEXT TO YOU!!
2
SFX: BOOP


SENPAI, YOU...

ボ"


SENPAI, SO YOU'RE ONE OF THOSE PEOPLE WHO TREAT PEOPLE DIFFERENTLY BASED ON THEIR OUTER APPEARANCE, HUH!?
TO A CERTAIN EXTENT, YEAH ANYONE WOULD
© akiiz, Yawaraka Spirits Shogakukan Inc



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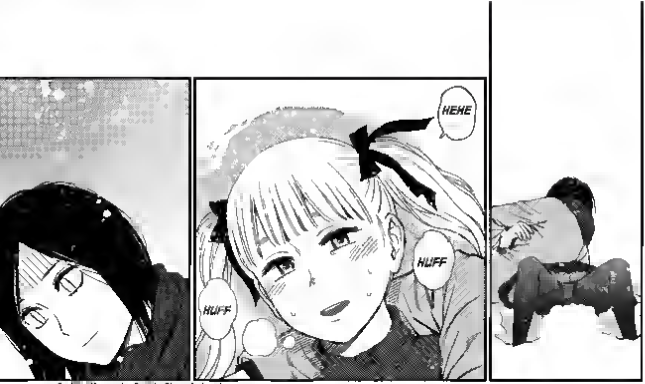
KESA-GATAME
袈裟固
(Scarf Hold)
I. Wrap one arm around the back of your partner's neck
II. Scissor and lock your partner's arm against your side, disabling it
III. Bring your face closer to your partner's face to firmly pin down your partner with your upper body
※THIS IS NOT STRETCHING.
UGH HHHH HHH
DO YOU GIVE UP?
YOU LITTLE DRUNK!



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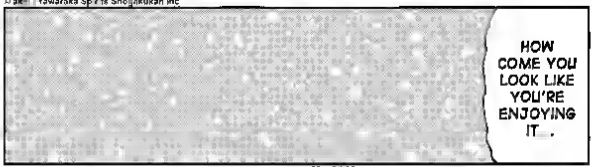

SFX: BOOP

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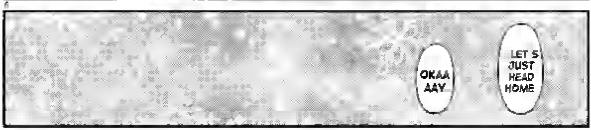

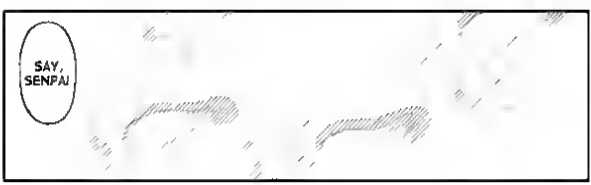

AREN'T YOU GOING TO GO HOME?
EH?
BUT WE'RE ON OUR WAY HOME RIGHT NOW
NO, YOUR OTHER HOME
AHH
IT'S BEEN A YEAR SINCE LAST TIME HASN'T IT?
I FIGURED I COULD GO WITH YOU
HMM, THAT'S RIGHT
A-
AH-CHOO
UN-OH
DON'T TELL ME YOU CAUGHT A COLD
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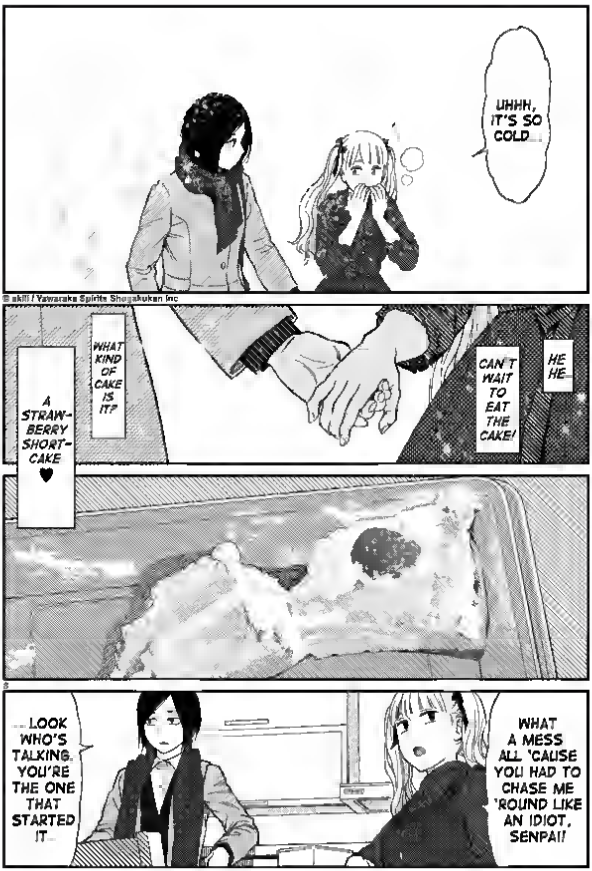
UHHH, IT'S SO COLD...
© akiti / Yawaraka Spirits Shogakukan Inc
HE HE...
CAN'T WAIT TO EAT THE CAKE!
WHAT KIND OF CAKE IS IT?
A STRAW-BERRY SHORT-CAKE ♥
2
WHAT A MESS ALL 'CAUSE YOU HAD TO CHASE ME 'ROUND LIKE AN IDIOT, SENPAI!
...LOOK WHO'S TALKING. YOU'RE THE ONE THAT STARTED IT...

★ Stretching poses ⑧ Scarf Hold

Hold your partner in this pose for 25 secs to score Ippon (according to the International Judo Federation rules) There is no Ippon in partner stretching, though, as it's not a competitive sport

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Stretch
ストレッチ

30

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OH, LOOK WHO'S HERE
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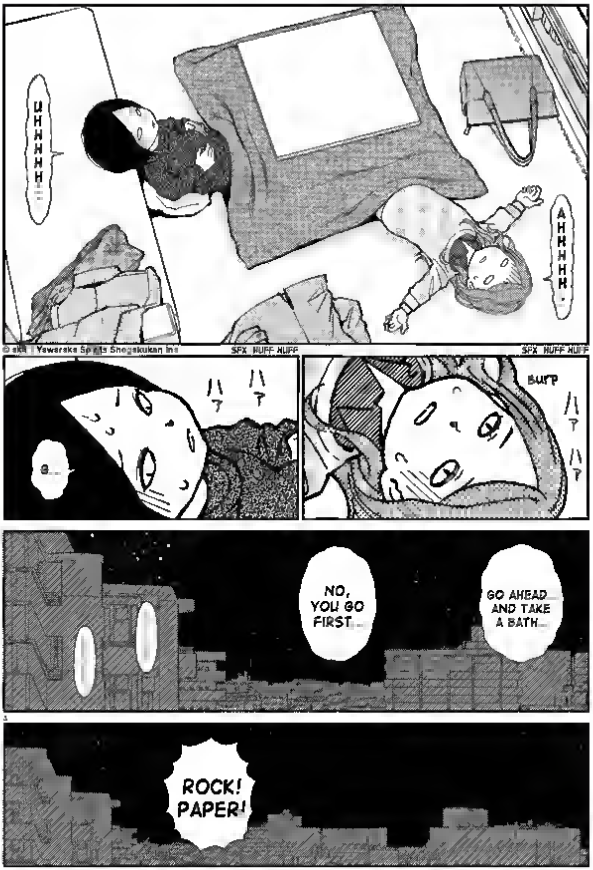
N, NO
DID YOU FALL FOR HER?
WHERE IS RAN?
SHE TOOK TODAY OFF
OH
THANKS FOR LAST TIME
THE USUAL
DON'T MENTION IT WHAT DO YOU WANNA DRINK?
LOOK, I SAID IT'S NOT LIKE THAT
BUT YOU BETTER KEEP YOUR HANDS OFF OUR MASCOT!
WELL, I CAN SEE WHY YOU WOULD THOUGH
HOW LAME
.....
IT'S LIKE SHE PUTS MY MIND AT EASE
JUST WATCHING HER IS ENOUGH FOR ME
HOW CAN I PUT IT....

SIZZLE
SIZZLE
SIZZLE
SIZZLE
SIZZLE

EY, DUMB-ASS, THAT ONE'S MINE!
SHOULD HAVE WRITTEN YOUR NAME ON IT THEN!
Yawaraka Spirits Shogakukan Inc
SFX: ONIGI
スターン!
SFX: STYLE
Yeah, so big!
TODAY'S LADIES DAY
WATER BELT
レディース
YAKINIKU


AHHHHH...
HHHH
SFX: HUFF-HUFF
SFX: HUFF-HUFF
BURP
NO, YOU GO FIRST...
GO AHEAD AND TAKE A BATH...
ROCK! PAPER!

Before-bed stretches 2
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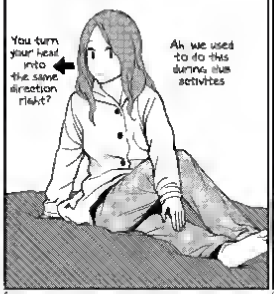
❶ Hamstring stretch
10 sec
I Sit on an even surface with one leg extended out in front of you
II Lean forward and reach for your extended ankle
HEY, TEACH ME THAT
SURE
FIRST OF ALL, YOU SHOULD TAKE CARE NOT TO STRETCH TOO MUCH BEFORE YOU GO TO BED.
IT'S SUPPOSED TO RELAX YOUR MUSCLES, BUT IF YOU OVERDO IT, IT CAN HAVE THE OPPOSITE EFFECT AND YOU MIGHT HAVE A HARD TIME FALLING ASLEEP!
YOU SOUND LIKE SAEKI

❸ Oblique stretch

10 sec.

I. Sit on an even surfsce and cross one leg over the other

II Place your elbow on the upper knee and twist your upper body

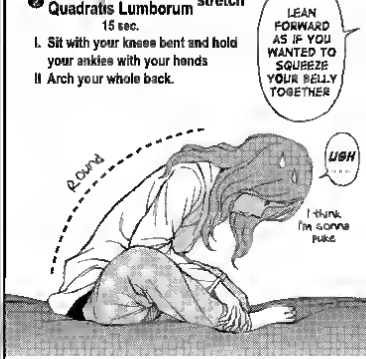


❷ Erector Spinae Quadratis Lumborum stretch

15 sec.

I. Sit with your knees bent and hold your ankles with your hands

II Arch your whole back.



※ Lean forward with a straight back to stretch your Adductors

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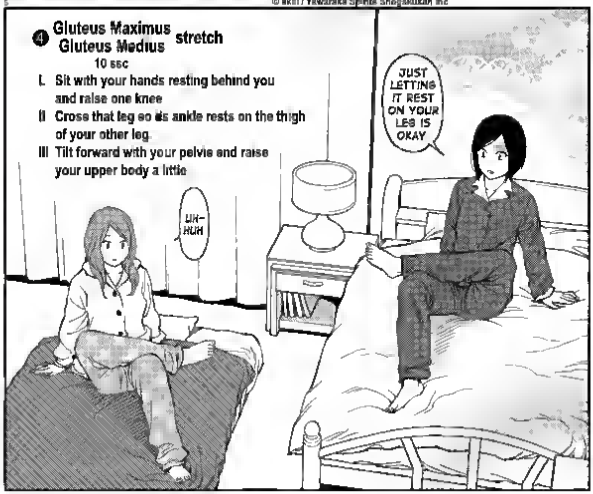
❹ Gluteus Maximus Gluteus Medius stretch

10 sec

I. Sit with your hands resting behind you and raise one knee

II Cross that leg so its ankle rests on the thigh of your other leg.

III Tilt forward with your pelvis and raise your upper body a little



❹ Trapezius, Splenius stretch
15 sec.
I. Lie down on your back and clasp your hands behind your head
II Raise your head slowly
.....

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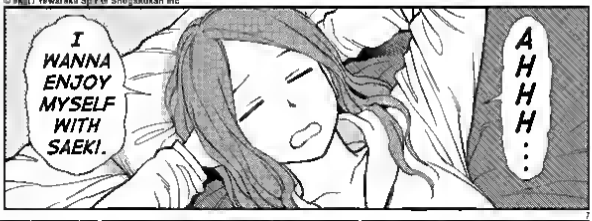

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★ Stretching poses ⑨ Trapezius, Splenius

It might be tempting to kill two birds with one stone by working your abdominal muscles while you're already in this pose, but in that case, make sure to do the workout before the stretch

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ALL THAT'S LEFT NOW IS TO SERVE IT
OKAY, RAN.
YEAH.
WANT TO GIVE IT A SHOT?
OHHH YOU'RE GOOD AT THIS!
MAYBE LIKE THIS?
UHH HHH HHH HM ...
HEHE.
YOU HAVE GOOD TASTE, RAN.

MOOOM, DINNER IS READY!
OKAY, COMIN@.
© akili / Yawaraka Sprits Shogakukan Inc.
I KNOW, RIGHT? IT'S GOOD, RIGHT?
YEAH!
IS IT GOOD?
HM?
YOU SHOULD MAKE THIS FOR YOUR PRECIOUS SOMEONE WHEN YOU FIND THEM ONE DAY, RAN.
YOU THINK SO?
IT'S TOO EARLY FOR THAT KIND OF TALK
She's still in grade school

32 A

"HATSUMODE"

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IT'S BEEN A WHILE SINCE WE SAW EACH OTHER LAST
YEAH
IT REALLY HAS
BUT WOW, THAT WAS ONE HELL OF A QUAKE
YEAH, SURE WAS
AH, THE TRAINS HAVE STOPPED
YEAH, GUESS I'M STUCK HERE
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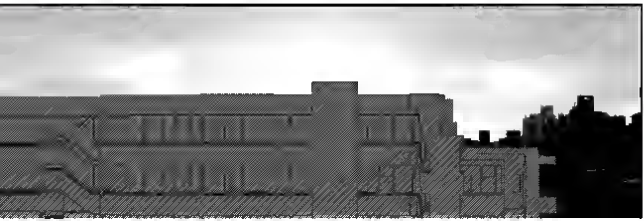

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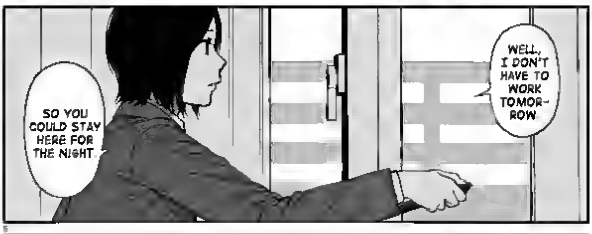
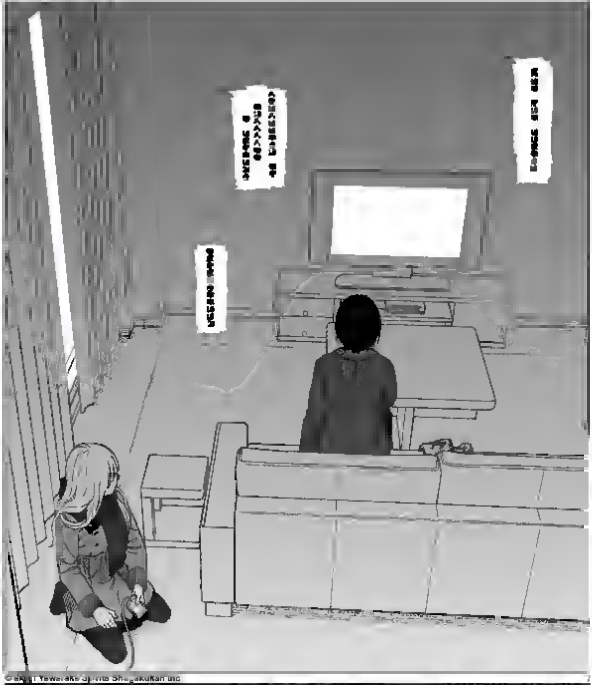
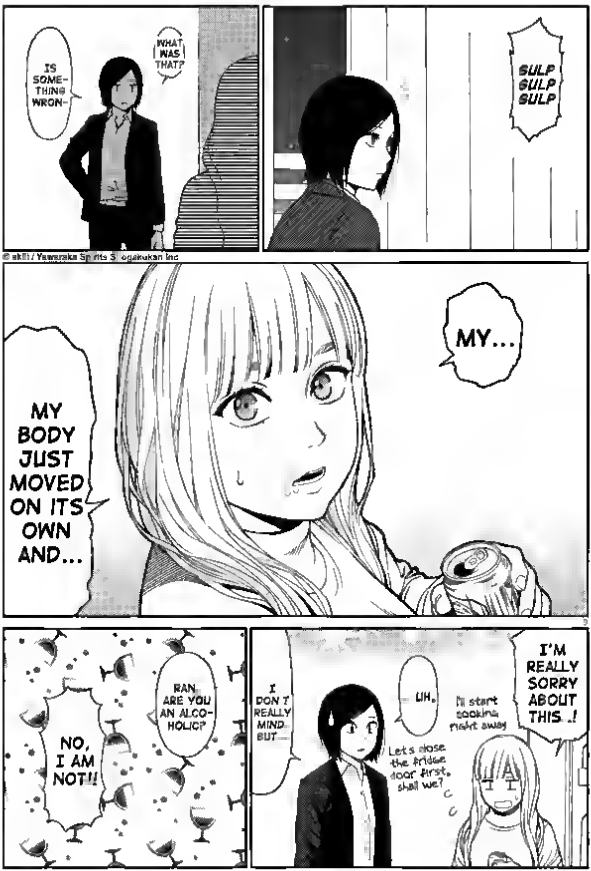



ああ…
ああ…
ああ…

© AKI Yawaraka Spirits Shogakukan Inc
...
GORG
YOU DON'T HAPPEN TO BE STARVING, DO YOU?
NO, BUT I'D SAY YOU ARE.
WANT SOME CUP NOODLES?
NO CUP NOODLES ARE BAD FOR YOU
WHY?
SOMETHING MORE SUBSTANTIAL
SFX: WASH


IS SOME-THING WRON-
WHAT WAS THAT?
SULP SULP SULP
MY...
MY BODY JUST MOVED ON ITS OWN AND...
HAN, ARE YOU AN ALCO-HOLIC?
NO, I AM NOT!!
I DON'T REALLY MIND... BUT...
UH,
I'll start cooking right away
Let's close the fridge door first, shall we?
I'M REALLY SORRY ABOUT THIS..!
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© eKiti / Yawarako Shinbi Shogakukan Inc

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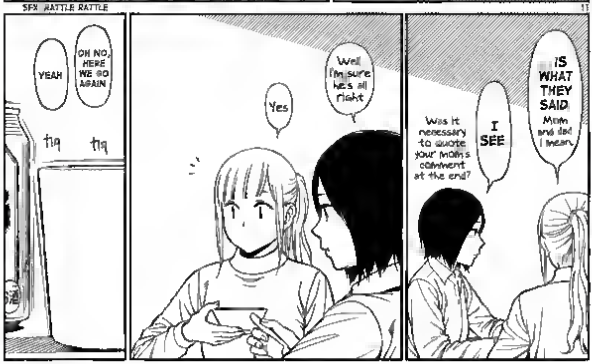
WHY DO YOU HAVE TO SAY SUCH DEPRESSING THINGS WHEN OUR DAUGHTER IS LEAVING HOME?
HUMANS ARE FRAGILE AND YOU NEVER KNOW WHAT'S GOING TO HAPPEN NEXT.
YOU NEED TO PREPARE YOURSELF SO THAT YOU'RE NOT COMPLETELY HELPLESS SHOULD SOMETHING HAPPEN TO US.
SFX RATTLE RATTLE


YEAH
OH NO, HERE WE GO AGAIN
tiq tiq
Yes
Well I'm sure he's all right
Was it necessary to quote your mom's comment at the end?
I SEE
IS WHAT THEY SAID. Mom and dad I mean.

To be continued

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Stretch
ストレッチ

32A

アキリ
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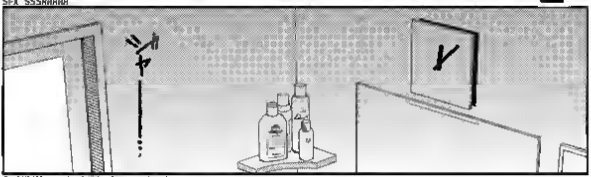
SFX: SSSHHHHH



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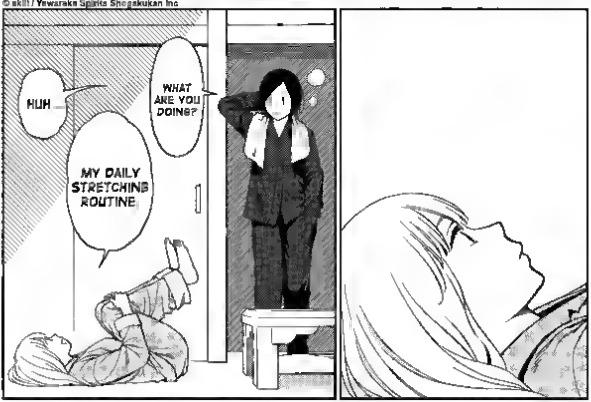

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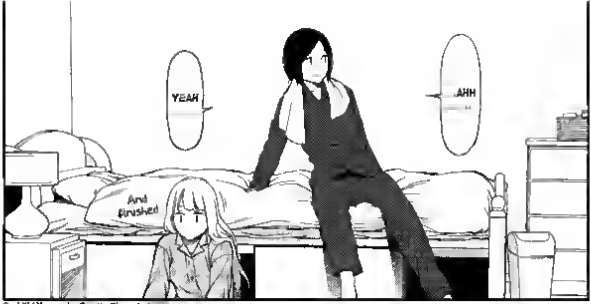

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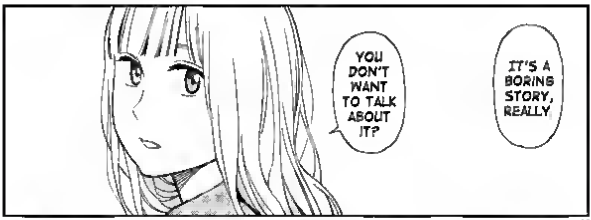

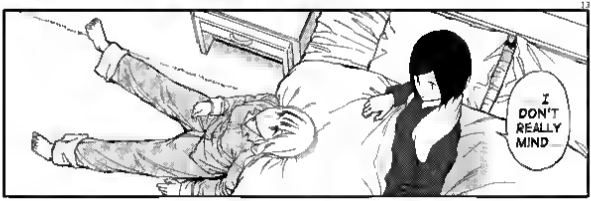

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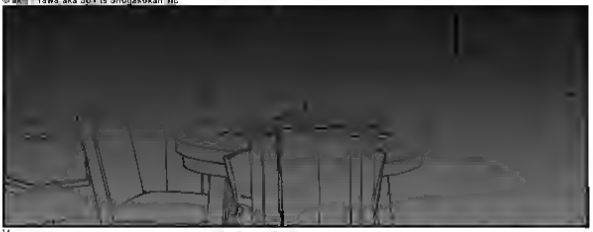

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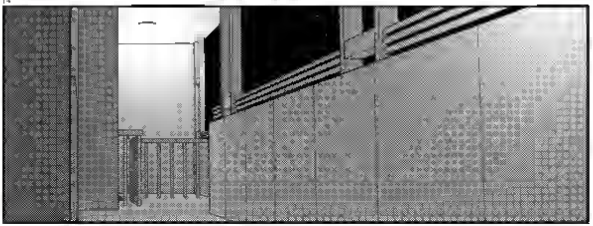

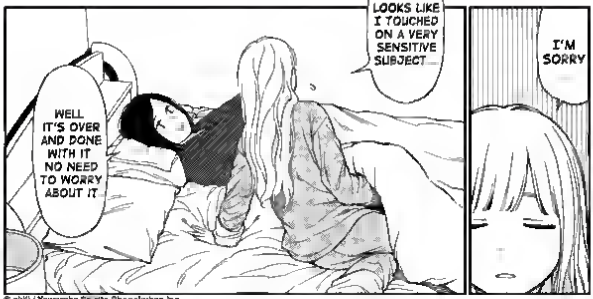

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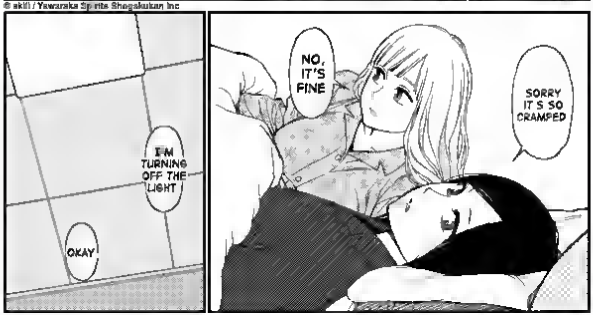

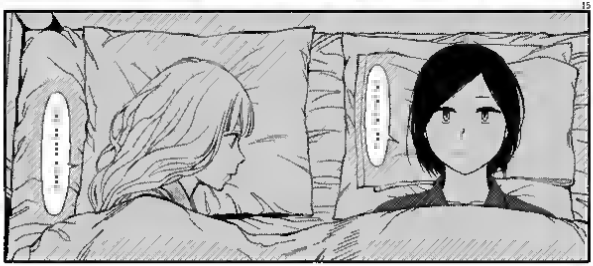

WHY ARE YOU HOLDING MY HAND?
BE-CAUSE
I'M NOT A CHILD YOU KNOW?
BUT I WANT TO COMFORT YOU
HUH, NO
AH
DID YOU WANT TO ME TO PAT YOUR HEAD INSTEAD?
WHAT DO YOU MEAN, BECAUSE? I CAN'T FALL ASLEEP WITH YOU HOLDING MY HAND!
LIES
IT DOESN'T BOTHER ME ANY-MORE ANYWAY
GOOD NIGHT, SEN-PAI
GOOF NIGHT
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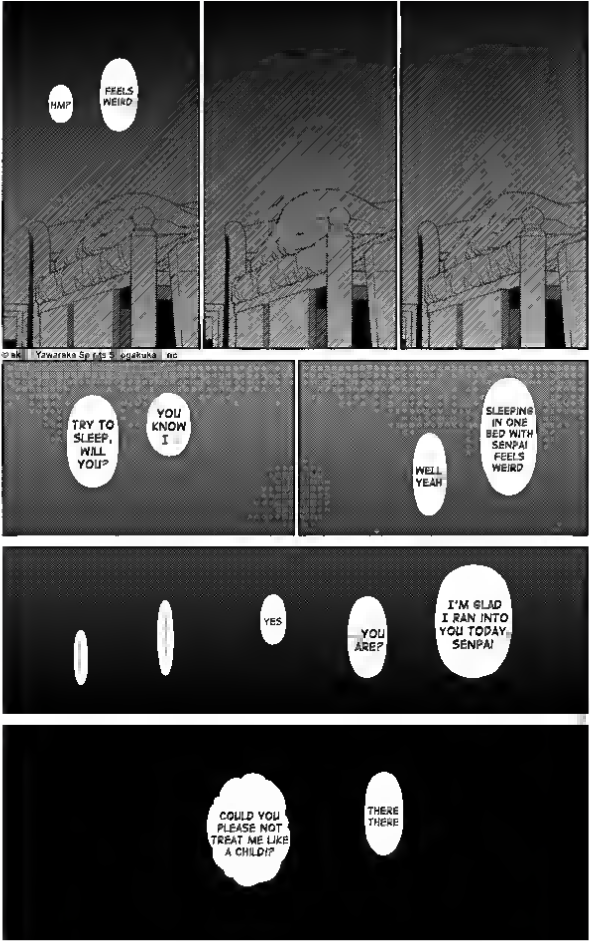
HM?
FEELS WEIRD
TRY TO SLEEP, WILL YOU?
YOU KNOW I
WELL YEAH
SLEEPING IN ONE BED WITH SENPAI FEELS WEIRD
YES
YOU ARE?
I'M GLAD I RAN INTO YOU TODAY, SENPAI
COULD YOU PLEASE NOT TREAT ME LIKE A CHILD!?
THERE THERE

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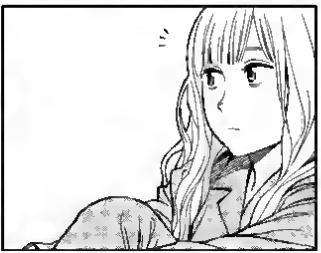

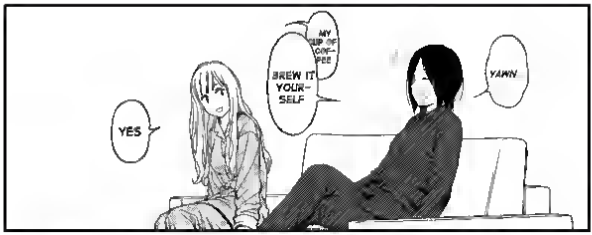

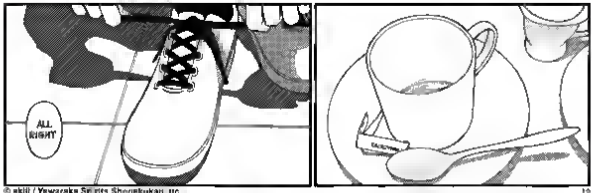

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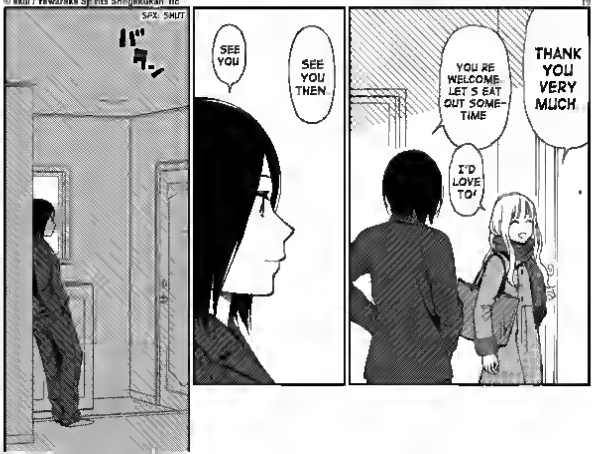

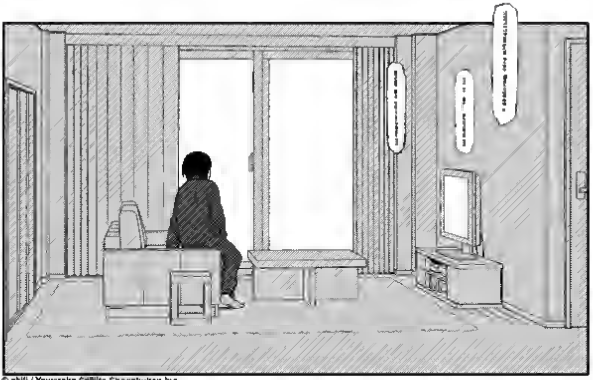

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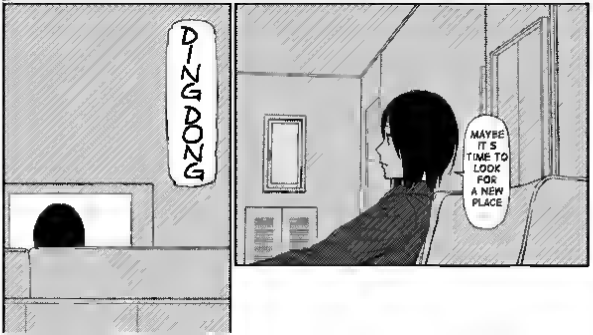

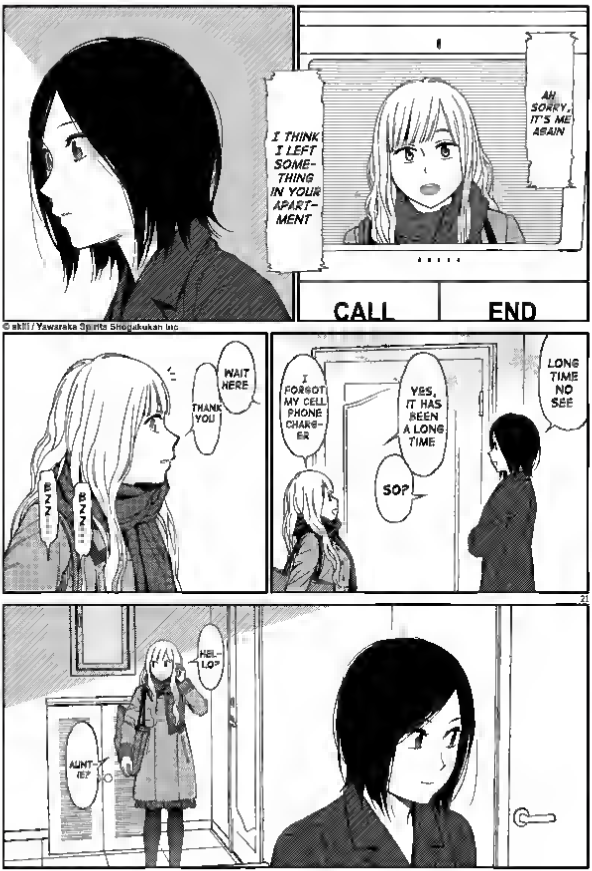
I THINK I LEFT SOME-THING IN YOUR APART-MENT
AH SORRY, IT'S ME AGAIN
CALL
END
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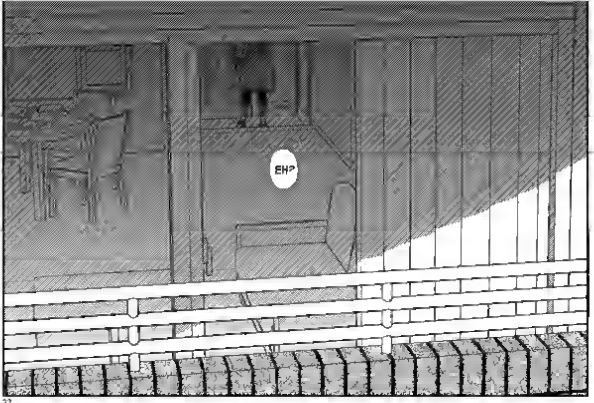
WAIT HERE
THANK YOU
BZZ...
BZZ...
I FORGOT MY CELL PHONE CHARGER
YES, IT HAS BEEN A LONG TIME
SO?
LONG TIME NO SEE
HEL-LO?
AUNT-IE?



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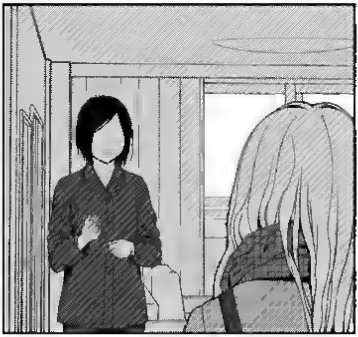

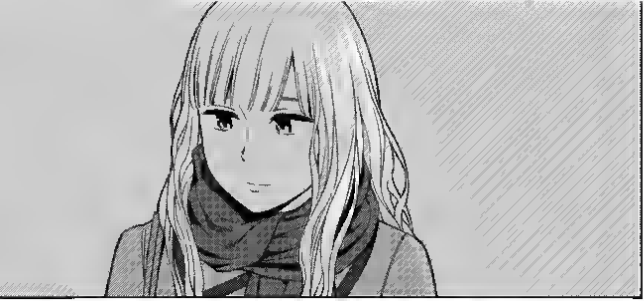

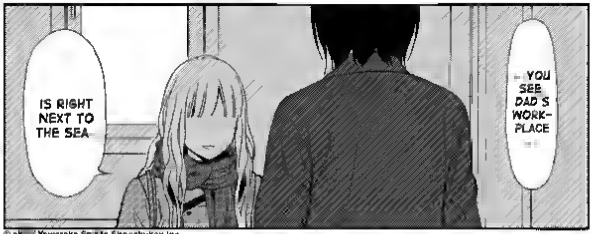

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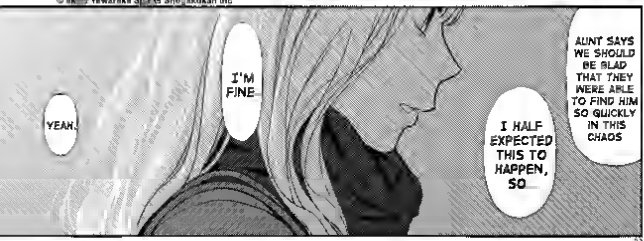
YEAH.
I'M FINE...
I HALF EXPECTED THIS TO HAPPEN, SO...
AUNT SAYS WE SHOULD BE GLAD THAT THEY WERE ABLE TO FIND HIM SO QUICKLY IN THIS CHAOS

YOU IDIOT.
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LOOK, RAN.
SEN-PAI!?
WAIT, WHAT!?
YOU ARE SUCH AN IDIOT.
THAT ISN'T HOW
ACCEPT-ING SOME-THING SAD WORKS.
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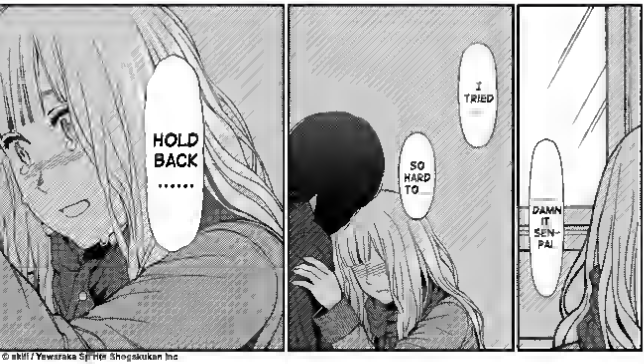

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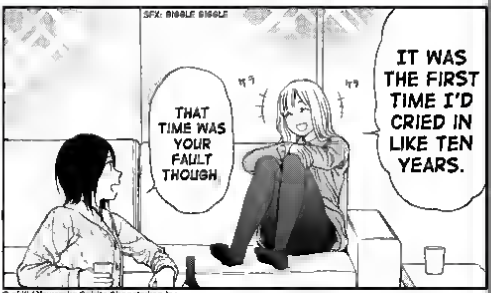

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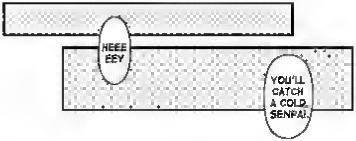
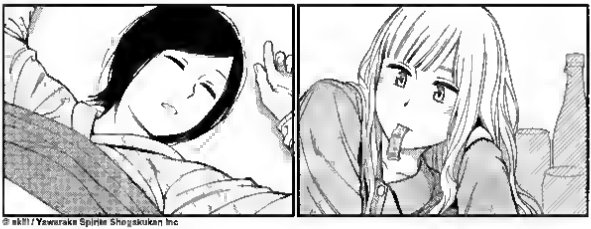
LATELY,
I FIND MYSELF
WONDERING...

WONDERING
HOW MUCH LONGER
I WILL GET TO STAY
WITH SENPAI.

WONDERING, WHEN WE REACH OUR NEXT CROSSROAD IN LIFE,

WHETHER WE WILL HAVE A REASON TO HOLD EACH OTHER'S HAND AGAIN.





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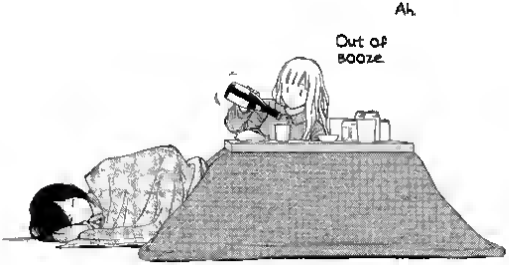

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